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ReelMetro



Robin Kuniski
 Calgary videographer's lighter side of city life at metronews.ca/reelmetro

EARTH DAY: APRIL 22

GoGreen

Metro is marking Earth Day with a special section that looks at some of the issues and ways people are trying to make their lives more environmentally conscious. See pages 37 & 38.

Celebrity Buzz pg 46

3rd wedding for Mimi, Nick



Feature pgs 21-26

Our Oceans, Our Planet

On the web
 Visit metronews.ca for news updates



Sale Shoe frenzy
 Shoe lovers, rejoice! Jillian, 22, and Moriah Tate, 17, hunt out the best shoes at bargain prices yesterday as Army & Navy launches its annual 12-day shoe blowout in Calgary.

Just another day?

Many Calgarians slow to jump on board Earth Day

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Earth Day events in city

- Good Earth coffeehouse is handing out free coffees today.
- The Calgary Zoo is celebrating all day with a variety of family activities.
- The City of Calgary is celebrating Earth Day at the John Dutton Theatre (Calgary Public Library).
- The Alberta Wilderness Association is hosting a Calgary Tower climb and run.

Cynthia Croskey isn't going to do anything special for Earth Day today — but that's because she didn't even know it was Earth Day.

"I have no plans because I had no idea, but I live too far to bike to work and I don't really know what else I would do," she admitted.

But Croskey isn't the only Calgarian with no special plans. When Metro asked Calgarians on the

street what they were doing, most said they were treating it like every other day.

Green Calgary spokesperson and interim executive Geoff Braun said they would love it if all Calgarians jumped on board, but they realize it's a transition.

"Certainly a lot of Calgarians have made strides and changes to their lifestyles, and Earth Day is a way of recognizing that, but there is still a lot of work to do," Braun said.

But Green Calgary said people can also make an effort year round, not just

for one day or one week.

"A lot of people already do a lot of things more environmentally conscious, and we just want to let people know it's not too hard to do that year-round," Braun added.

Ward 11 Ald. Brian Pincott also encouraged Calgarians to make those little lifestyle changes that could have huge benefits for the environment.

"I think a lot of people who have made the changes realize what little impact it's had on their lifestyle and how easy it is to do," Pincott said.

Mclver enters race for mayor

ELECTION Ending months of speculation, Ward 12 Ald. Ric Mclver has made it official: He is gunning for mayor of Calgary in October's municipal election.

Mclver, 51, kicked off his campaign yesterday in a glitzy, \$150-per-ticket event at a southeast warehouse, with several hundred supporters in quiet anticipation of the announcement.

He became the fourth candidate in the open race to replace Mayor Dave Bronconnier.


"I've thought about this for awhile and I know I am ready. I could be good for the city and I want to be. I will listen to the needs and wants of Calgarians," Mclver told Metro.

Mclver, an alderman for over eight years, said in an exclusive interview he would put the needs of Calgarians first and focus on balancing growth with being responsible with taxpayers' money.

"I will remember who my boss is and my boss is the people of Calgary, and I know they work really hard for their money," he added.

Mclver is up for the challenge from fellow alderman Joe Connelly, along with city activist Paul Hughes and former politician Jon Lord — all having declared their intentions to run — saying that's "how democracy works."

KRISTA SYLVESTER/
METRO CALGARY



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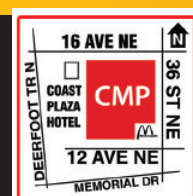
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Local



New barriers to be installed on QEII

New post and cable median barriers will be installed along the QEII Highway from Airdrie to Red Deer. Transportation Minister Luke Ouellette says the barriers performed "very well" on Calgary's Deerfoot trail and he's confident they will work just as well on the QEII. Construction on the post-and-cable barriers began this week and is expected to be finished by June 15.

METRO CALGARY



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News in brief

WEATHER Unseasonably warm weather, lack of rain and below average winter snowfall have turned the Prairies into a potential wildfire powder keg. Sixty fires were burning in Alberta yesterday, which is four times the usual average for April.

METRO CALGARY

Following news stories on Twitter...

CalgaryTweets

@testfirst Guinness and BBQ looking over at Nose Hill. Loving the weather in #yyc. Joaquin prefers shorts or no pants, apparently. #hi-mom

@ToriePeterson Newest life accomplishment: being the first customers on the #yyc Hudson's Tap House patio. Gold star time!

@tgrambo Good to see the rest of calgary had the same idea in getting a blizzard tonight

@mwbuckingham Just arrived in Calgary. Hockey games playing on giant tv screens while we wait in the customs line. Perfect. #fb

Lotteries

Lotto 6/49: 12, 19, 22, 36, 40 and 46. Bonus 17. These results are not official.

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Singer goes with lava flow

After eruption, Brit writes song while stranded at Calgary Airport

KRISTA SYLVESTER
 krista.sylvester@metronews.ca

His wife says he's the kind of guy to make lemonade out of lemons.

And that's exactly what B.C. musician Andrew Allen did while stranded at the Calgary International Airport, waiting for the skies to clear of ash from the Iceland volcano, Eyjafjallajökull.

The couple were en route to Manchester, U.K. Tuesday, but the recent volcano ash has left them grounded in Calgary for two days and potentially many more — however, Allen decided to go with the lava flow and penned a tune called Volcano Song out of the ordeal.

It's become an overnight YouTube hit.

"I was just playing around with my guitar and was making stuff up and my wife thought it was funny and started laughing and we thought we should tape it and put it up," Allen



B.C. musician Andrew Allen wrote a song called Volcano while stranded at the Calgary International Airport. Allen and his wife were travelling to the U.K. before volcanic ash halted their voyage. Allen's song has become a YouTube hit.

said, still stranded at the Calgary airport yesterday night.

Allen dedicated the song to the people who bought tickets to his 12 shows he had lined up in England.

"I figured they would find it humorous and it's

my way of saying sorry.

"We're just trying to make the best of it because it's a natural disaster; it's a volcano. What can you do?"

His wife, Julie, thinks the song was hilarious and said overnight, there were

over 600 visits.

"I think everyone thinks it's really funny and we've gotten really good response. I think it just shows what kind of guy Andrew is," she said.

You can listen to the song at andrewallenlive.com.

Airdrie residents lend hand to fire victims

COMMUNITY Agencies and citizens in Airdrie are banding together to provide relief for victims of Monday night's fire, after three homes were destroyed and another badly damaged.

It comes as no surprise to nearby resident Naomi Laton, whose husband,

Tyler, was credited with likely saving the lives of two people by warning them of the fire, saying that all of the families on the street will join in the effort.

"We'll pitch in and give clothes or anything, just to get them through for now," she said.

"Just little things like that, I'm sure the whole community will help for sure."

According to the Airdrie RCMP, efforts are underway to organize a central collection point for donated goods. Anyone looking to donate to the families can email Dan McEwing at

dmcewing@telus.net.

In the meantime, a barbecue fundraiser has been organized for this Saturday between 10 a.m. and 2 p.m. to raise money for the families. It will be at the Scout's Hall, 720 East Lake Rd. in Airdrie.

DARREN KRAUSE/
 METRO CALGARY

Cameron gets an oilsands invite

ENVIRONMENT Hollywood movie director James Cameron has got a personal invitation from

Alberta's environment minister to come get his own private screening of the oilsands. Rob Renner says Cameron will find the oilsands aren't the horror show he thinks they are, rather, a work in progress.

Renner was responding to remarks the Ontario-born Cameron made Tuesday when asked about the massive energy development in northern Alberta.

The environmental advocate and director of the hit movie Avatar said he doesn't know much about the oilsands, but said the harm they cause to the Earth outweighs the financial benefits.

Renner says if Cameron comes he would learn that Alberta is working to mitigate the effect of the oilsands.

THE CANADIAN PRESS

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WHAT'S ONLINE TODAY

Video Michaëlle Jean apologizes to Rwanda for Canada's inaction during the 1994 genocide. More at metronews.ca/canada



What's your number?

whatsyournumber.info



Calgary police arrested a man wanted in connection with debit and cheque frauds after he turned himself in on Tuesday. Sanjai Prasad, 35, is facing 22 fraud-related charges, including theft over \$5,000, in relation to eight incidents dating back to January 2007. **METRO CALGARY**

SAIT receives record donation

EDUCATION SAIT celebrated its largest individual donation ever received yesterday, to the tune of \$15 million. John Aldred, founder and former chairman of Enerflex Systems, presented the donation to SAIT, where he attained his heavy-duty mechanic license in 1968. The \$15-million donation will go towards the new Aldred Centre, set to be completed by 2012.

METRO CALGARY

NDP trumpets its accomplishments

POLITICS Key accomplishments were made by the Alberta NDP in the most recent legislative session, the party said yesterday.

Party Leader Brian Mason and MLA Rachel Notley said pressure in health care, foster care and voting eligibility forced the government's hand.

Mason ended the session demanding the government shut down Alberta Health Services, get rid of its CEO Stephen Duckett, and take responsibility for health itself.

METRO CALGARY

Innovative kids

Edible tape and more invented by city students

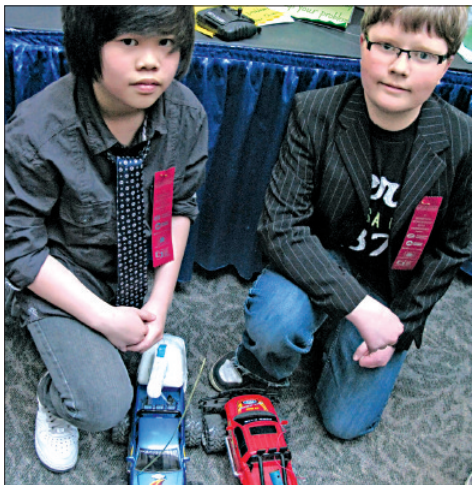
KRISTA SYLVESTER
krista.sylvester@metronews.ca

Ingenuity met with good ol' fashioned elbow grease at city hall yesterday as more than 400 students shared their innovative inventions with Calgarians.

Grade 7 and 8 students from more than 15 city schools gathered in the building to market and show off their inventions for the fifth annual Invention Convention, featuring a variety of creative ideas such as edible tape, improved windmills and the hoodie binder.

The Learning Partnership's Gordon Cumming said he is proud of the students' creativity and hard work in coming up with their ideas and following through.

"What really impresses me is their enthusiasm and passion once they get an idea they like and really get involved in the projects," Cumming said.



Grade 7 students Khoa Tran and Christopher Rancier show off their invention — a remote control duster buster and rake — at city hall yesterday.

Grade 7 St. Matthews students Khoa Tran, 12, and Christopher Rancier, 12, created an easier way to clean with the tagline, "let it sweep you away, suck up your problems and rake

away your stress."

"We put a dust buster and a rake on the ends of remote control cars so kids can clean for their parents and have fun doing it," they explained.

Accused food tamperer will plead not guilty

TRIAL A woman accused of inserting pins and sewing needles into food at a grocery store intends to plead not guilty.

Tatyana Granada, 43, was arrested outside her Calgary home in March and charged with mischief over \$5,000.

The investigation began after a customer reported finding metal objects in food items at one of the Co-op chain's stores in the city. Breads and cheeses

were found to contain pins, sewing needles and buttons. Pins also had been placed in some produce.

There have been nearly a dozen more cases of food tampering at different Calgary grocery stores since Granada was arrested. Police have suggested the work of copycats.

The number of other cases will definitely enter into his client's defence, lawyer Mark Takada said yesterday.

THE CANADIAN PRESS

City drops 11 charges against Pawlowski

KRISTA SYLVESTER
krista.sylvester@metronews.ca

STREET PREACHER The city dropped municipal bylaw charges against controversial street preacher Art Pawlowski yesterday.

Pawlowski couldn't give many details, but said he felt vindicated.

"It's great. We're very happy, but it's taken five years of prosecution and persecution to get here. The city abused their pow-

ers and they lost," he said.

Eleven of 12 charges were dropped, and now the minister, who holds regular sermons outside city hall, only faces one municipal bylaw charge for using loudspeakers on city property.

In the past, Pawlowski has held events at various locations in the downtown core, and has had numerous complaints lodged.

Pawlowski still faces charges and will be back in court July 19.



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Health Canada is warning of a possible new danger lurking in the kitchen: The dishwasher. It said yesterday there have been two separate reports of young children being cut while playing next to the dishwasher in the family kitchen. The culprit: A sharp metal edge at the bottom of the dishwasher door. **THE CANADIAN PRESS**

Canada



Brother ordered out

The brother of a teen shot dead by Montreal police is appealing a deportation ruling ordering him back to his native Honduras. Immigration officials have declared Dany Villanueva, left, inadmissible because of a conviction for armed robbery. Villanueva's brother, Fredy, was killed by Montreal police in August 2008.

THE CANADIAN PRESS

Iggy blooper ousts a Conservative aide

A Conservative MP's aide has taken the fall for a news release that urged Liberals to beat their leader "black and blue."

Brant Scott, assistant to Saskatchewan MP Garry Breitkreuz, resigned yesterday as the Harper government scrambled to get its strategy for scrapping the long-gun registry back on track.

The release, which went out under Breitkreuz's

"It shows the hypocrisy of the law and order party."

Michael Ignatieff

name, slammed Liberal Leader Michael Ignatieff and the Canadian Association of Chiefs of Police for supporting the registry.

Breitkreuz apologized for the missive, which he

said he didn't write.

Opposition parties accused Breitkreuz and Prime Minister Stephen Harper of hiding behind a staffer to avoid taking responsibility for a "disgraceful" insult to police chiefs.

"My view of this is that it shows the hypocrisy of the law and order party they're supposed to be," Ignatieff said of the Tories.

THE CANADIAN PRESS



Rahim Jaffer, right, and business partner Patrick Glemaud prepare to testify on Parliament Hill.

Jaffer defends reputation

POLITICS Former Conservative MP Rahim Jaffer says he never lobbied the government on behalf of his company, never used his wife's parliamentary perks for business — and never used illegal drugs.

The one-time Tory up-and-comer wavered between defiance and shame as he took the hot seat yesterday before a Commons committee looking into his business dealings and accusations of improper lobbying.

He bristled as he spoke of reputations being ruined "on the basis of rumour and unsubstantiated

allegations for short-term political gain."

He choked up as he apologized to his family and his wife, Helena Guergis, who lost her cabinet job amid the swirl of allegations about Jaffer's business dealings.

Prime Minister Stephen Harper suspended Guergis' from the Tory caucus and called in the RCMP.

"She's the most important person in my life and I love her dearly and it is very unfortunate that her good name has been dragged into my problems so unfairly," Jaffer said.

He flatly denied lobbying the government. He said any conversations he had with ministers, MPs or senators after losing office never went beyond social chit chat about his new career in business.

THE CANADIAN PRESS



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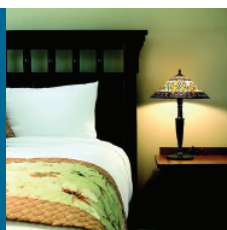
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Ontario Premier Dalton McGuinty says all publicly-funded schools — including Catholic schools — will have to teach a revamped sex-ed curriculum that's drawn fire from conservative groups who charge it's corrupting young minds. The curriculum will see lessons taught to kids as early as Grade 1. **THE CANADIAN PRESS**

News in brief

HEALTH A new Statistics Canada report suggests men may move through the medical system faster than women when they need to see a specialist. The report says wait times vary depending on the severity of the illness, but 51 per cent of men see a specialist within a month, while only 42 per cent of women have their first appointment within that time frame. The report says it's not clear whether this is the result of gender bias or whether men wait longer to seek medical help and therefore move through the system quicker be-

cause they're at greater need. **NATIVES** A new report has added 62 more names to a growing list of missing or murdered aboriginal women and girls. The report by the Native Women's Association of Canada pegs the total at 582 at the very least. The report found that aboriginal females are more likely to be killed by a stranger than non-aboriginal women. It says many victims are targeted simply because they are aboriginal and their attackers assume they will not fight back or be missed.

THE CANADIAN PRESS

Cherry-picking documents?

Lawyers for a military hearing into prisoner hand-overs in Afghanistan accused the federal government yesterday of cherry-picking which documents it turns over.

The lead counsel for the Military Police Complaints Commission said there seems to be a "weaning-out of documents" released to the inquiry. "What we appear to be

receiving is a subset of a larger collection of documents," Ron Lunau said.

He added he is "very concerned ... we're not necessarily seeing all of the documents" related to the detainee affair.

Thousands of pages have already been given mili-



Ron Lunau

tary watchdog, but thousands more are caught in a paper jam as government lawyers scrub out secret information.

Buried somewhere in the reams of paperwork still under review are a series of reports by a former foreign-service worker that documented allegations of abuse in Afghan

jails.

The reports by Nicholas Gosselin cover at least eight claims of mistreatment by Afghan authorities between January and August 2008.

Word of their existence emerged when Gosselin testified at the hearings last week. An official said the Gosselin reports could be turned over May 7, barring any unforeseen delays.

THE CANADIAN PRESS

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New bill would open door to terrorism-related damage claims

The federal government is reviving a bill that would allow victims to sue accused terrorists — including state sponsors of violence. Under the legislation, people would be allowed to seek damages for terrorist acts dating from Jan. 1, 1985. **THE CANADIAN PRESS**

canada 9

HIV rate on rise in prisons

Report prompts activists to demand clean-needle programs

Rates of HIV among inmates in federal prisons appear to be rising dramatically, suggests a report, prompting advocacy groups to call for sweeping changes to prevent further spread of the disease, both inside the institutions and in the community at large.

The 2007 survey by Correctional Service Canada found that an estimated 4.6 per cent of prisoners reported having HIV-AIDS, more than double the 1.6 per cent rate cited in an earlier re-

Hepatitis C shockingly prevalent too

- The Correctional Service Canada report also found the estimated rate of hepatitis C among federal prisoners was 31 per cent — 39 times greater than in the population as a whole.

port. That prevalence rate is 15 times higher than in the population as a whole.

Advocacy groups want Ottawa to implement needle-exchange programs for injection-drug-using prisoners to try to stop the spread of HIV and hepatitis C.

The Canadian HIV-AIDS Legal Network says about half of prisoners surveyed reported sharing used needles or syringes to inject drugs, which are smuggled into prisons by visitors and occasionally even by staff, said Ka Hon Chu, a senior

policy analyst with the organization.

She said drug-using prisoners have reported stealing syringes from medical services within their institutions and fashioning makeshift needles.

With no clean-needle program in place in any federal or provincial prison or jail in Canada, it is not unusual for “filthy” needles to be shared among 30 or 40 inmates, said HIV specialist Dr. Peter Ford.

THE CANADIAN PRESS

Parade flap sets off multiculturalism debate

SIKHS A threat made toward two B.C. politicians has inadvertently set off a conversation about a problem within Canada's multicultural communities.

Organizers of a suburban Sikh parade issued an apology yesterday, saying comments made by organizers that appeared to suggest Liberal MP Ujjal Dosanjh and Liberal MLA Dave Hayer were not welcome at the parade and would have to bring their own security if

they chose to come were misconstrued.

But Hayer and Dosanjh questioned the sincerity of the apology and Dosanjh said the incident should prompt a serious debate in Canada about multiculturalism, political correctness and whether that's feeding home-grown hatred.

“My worry is you have a level of political correctness that has been ailing us for some time and you combine that with this multicult-

turalism that is sometimes misused to hide all kinds of inappropriate behaviour or values,” Dosanjh said in an interview.

“If you put the two together, it becomes a very difficult thing to deal with.”

In an email release, leaders of the Gurdwara Dasmesh Darbar Sikh temple said the temple committee “would like to apologize to the Canadian community for the misconstrued statements.” **THE CANADIAN PRESS**

Amnesty for stranded travellers

VISAS Foreigners whose Canadian immigration status may have lapsed due to air-traffic delays can breathe easy.

Immigration Minister Jason Kenney says

temporary residents who were unable to leave the country due to air-travel disruptions — related to the ash plume in Europe — after their visas expired on or after April 15 need not worry. **THE CANADIAN PRESS**

RCMP Anniversary edition



In honour of the 60th Anniversary of the Royal Canadian Mounted Police in Newfoundland and Labrador, two 1950's-style retro cars were unveiled yesterday, at the Confederation Building in St. John's, Nfld.

MARK BURTT/THE CANADIAN PRESS

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†You will earn 2% cash back on the first \$25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5912, 5411, 5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% cash back on purchases made after you have reached the 2% \$25,000 annual max., and on all other purchases.

* Visa Int./Lic. user The Bank of Nova Scotia. ®Registered trademarks of The Bank of Nova Scotia.

A French military spokesman says pirates mistakenly attacked a French warship off the coast of Somalia and six were captured. Col. Patrick Steiger says the attackers fired eight rounds from automatic weapons on La Somme, a 3,800-ton refuelling ship — but missed.

World



Former IOC head Samaranch dies at 89

Juan Antonio Samaranch, a reserved but shrewd dealmaker whose 21-year term as president of the International Olympic Committee was marked by both the unprecedented growth of the Games and its biggest ethics scandal, died yesterday in a Barcelona hospital. He was 89. Samaranch, a former Spanish diplomat, led the IOC from 1980 to 2001. He was considered one of the defining presidents for building the IOC into a powerful global organization and firmly establishing the Olympics as a world force.

THE ASSOCIATED PRESS

Pakistan **Waiting for water**



An Afghan refugee child who lives in the slum area of Lahore, Pakistan, waits to get water yesterday. In an unstable nation like Pakistan, water shortages can easily become security threats. So warns scholar Anatol Lieven: "Water shortages present the greatest future threat to the viability of Pakistan as a state."

K.M. CHAUDHARY/THE ASSOCIATED PRESS

Have money, will travel

Private jet operators see surge in business as wealthy look for flight options

For those with deep pockets, there was one way to beat the ash cloud hovering over Europe: hire a private jet.

Seizing their chance, operators — who had been suffering from a slump in demand due to the global economic crisis — tried to meet a surge in flight requests and make a bundle using their privileged access to the few airports that remained open.

Now that restrictions are slowly being lifted across the continent, the industry is banking on the backlog that passengers face on regular airlines to pick up travellers willing to pay almost any price to get home or make that crucial meeting. And it's not just executives

who've scrambled to the exclusive end of the aviation market. Athletes, opera singers and even holiday makers booked themselves onto private jets when all else failed.

"We've had calls from 6 a.m. to midnight," said Eymeric Segard, founder of Geneva-based Lunajets SA. "It's been absolutely hectic."

The company saw a 50 per cent rise in demand during the air-space shutdown compared with the previous week, he said.

A one-way journey from London to Teterboro, New York, cost \$33,400 US for the entire 15-seater jet,

while 12 seats on the lesser-travelled route from Boston to Santiago de Compostela, Spain, could be had for \$53,500.

Among the discreet world of private aviation, no names were mentioned. Segard said his company flew an opera singer to Moscow, but declined to provide details.

THE ASSOCIATED PRESS

Airlines' loss close to \$2B: Group

SKIES Airlines lost at least \$1.7 billion US in revenue during the volcanic ash crisis, an industry group said yesterday as the debate heated up over whether European governments were justified in shutting down their airspace for so long.

Planes were flying into all of Europe's top airports — London's Heathrow, Paris' Charles de Gaulle and Germany's hub at Frankfurt. Still experts predicted it could take days — even more than a week — to clear a backlog of after 102,000 flights were cancelled around the world.

THE ASSOCIATED PRESS

News in brief

VATICAN Pope Benedict XVI pledged yesterday that the Catholic Church would take action to confront the clerical sex abuse scandal, his first public

remarks calling for change since the crisis erupted. Benedict wept alongside abuse victims in Malta on Sunday.

THE ASSOCIATED PRESS

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Offer ends April 30, 2010. Available with compatible devices within coverage areas available from Bell. A one-time device activation (\$20) applies. Paper bill service charge (\$2/mo) applies upon registration for a bill and cannot your paper bill. Long distance and roaming charges including foreign travel may apply outside your local area. Some early termination, price adjustment charges apply. Subject to change without notice, not combinable with other offers. Taxes extra. Other conditions apply. (1) Received message exclude premium, video and digital messages. Text messages exclude international, group, premium and related messaging applications. (2) Local calling. Strategically plan the use of long distance. (3) Within your coverage area. (4) Within your coverage area. (5) Within your coverage area. (6) Within your coverage area. (7) Within your coverage area. (8) Within your coverage area. (9) Within your coverage area. (10) Within your coverage area. 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A man told the trial of former Bosnian Serb leader Radovan Karadzic that he survived a massacre by feigning death beneath bodies of men gunned down. **THE ASSOCIATED PRESS**

U.K. politician laughs off leaked notes found in cab

LONDON The saga of the lost and found dossier relating to U.K. Liberal Democrat Leader Nick Clegg's debate preparations has added a new twist to the 2010 general election campaign, already one of the closest and

most unpredictable in recent British history.

Sloppy staffers seem to be at fault. Someone left handwritten notes advising Clegg on how to handle the upcoming debate with Prime Minister Gordon Brown and

Conservative party chief David Cameron behind in a cab. Inevitably, they were leaked to the Sun newspaper, which published them yesterday.

Clegg laughed off the publication of the notes,

which his campaign conceded were authentic.

"I'm glad to see my top team preparing for government by developing a habit of leaving secret dossiers in the back of cabs," he said.

THE ASSOCIATED PRESS

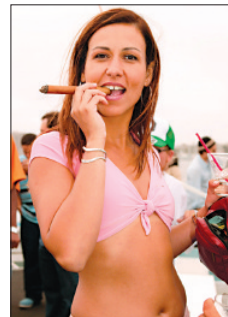
Problems cited in marriage

A TV producer's correspondence with his wife, who was found dead at a Mexican resort, indicated problems in their marriage, a prosecutor said yesterday.

Rodolfo Garcia Pliego, the assistant attorney general of the Caribbean coast state of Quintana Roo, said the mother and sisters of victim Monica Beresford-Redman showed him "a series of exchanges" between the woman and her husband, Bruce Beresford-Redman.

"Excuse me for not releasing the contents of the documents, which showed the state of the relationship," he told reporters after meeting with the family. "It appears there were problems there."

Prosecutors say Beresford-Redman, a former producer of *Survivor* and co-creator of the *Pimp My Ride* show, is a suspect in the slaying of his wife. Her body was discovered April 8 in a sewer at the Moon Palace



Monica Beresford-Redman's body was found April 8 in Cancun, Mexico.

Resort in Cancun two days after the producer said she had failed to return from a shopping trip.

The victim's sister, Jeane Burgos, told reporters after the meeting that "we have delivered more evidence."

"We are happy with the work authorities are doing to get justice for my sister," Burgos said.

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Parents to fight for disabled daughter's custody rights

A judge says the parents of a severely disabled woman can fight for their daughter's right to be visited by her three-year-old triplets. **THE ASSOCIATED PRESS**

world 13

Radical group reacts to cartoon's Muhammad gag

A radical Muslim group has warned the creators of South Park that they could face violent retribution for depicting the prophet Muhammad in a bear suit during last week's episode.

The website Revolution-Muslim.com has since been taken down, but a cached version shows the message to South Park creators Trey Parker and Matt Stone. The

article's author, Abu Talhah Al-Amrikee, said the men "outright insulted" the religious leader.

The posting showed a gruesome picture of Theo Van Gogh, a Dutch filmmaker who was shot and stabbed to death in an Amsterdam street in 2004 by a fanatic angered by his film about Muslim women. The film was written by a Mus-

lim woman who rejected the Prophet Muhammad as a guide for today's morality.

"We have to warn Matt and Trey that what they are doing is stupid and they will probably wind up like Theo Van Gogh for airing this show," Al-Amrikee wrote. "This is not a threat, but a warning of the reality of what will likely happen to them." **THE ASSOCIATED PRESS**

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Comment

Fantastic teachers never forgotten

Relating

Sofi Papamarko

metronews.ca/papamarko

You never forget your favourite teacher. I've had some great ones over the years.

Mrs. Metcalfe encouraged my creativity and allowed us to put on our own insane fifth-grade version of *The Phantom Of The Opera*. My middle school teacher, Miss Wilkinson, encouraged lively political debate and wept openly while reading us *Sadako And The Thousand Paper Cranes*. Mr. Chow's dry sense of humour made the multiplication of fractions tolerable. And John Lazarus and I stayed in

email touch years after I took his playwriting course in university.

But it's my kindergarten teacher, Mrs. Williams, who will be my forever-favourite.

Mrs. Williams was kind, patient, fair, calm and much loved. She read us stories, taught us to count to 100 on an abacus and never once raised her voice. I remember her gentle amusement whenever one of us

would slip up and call her "mom."

A few weeks ago, I was unexpectedly reunited with Mrs. Williams. She looked like a smaller and greyer version of her very same self. The rush of emotion I felt at seeing her again surprised me.

For my friend Neil Pasricha, blogger and author of the freshly launched feel-good tome *The Book Of Awesome*, it was his third

grade teacher who stood out above the rest.

"I was pretty much the shyest kid ever," Pasricha recalls.

Mrs. Dorsman encouraged Pasricha to read out loud to the class and had him solve math problems on the blackboard.

Having recently read an article on *The Book Of Awesome* in the *Toronto Star*, Stella Dorsman contacted the author to see if he was

the same Neil Pasricha she taught at Sunset Heights Public School. You can read their correspondence here: <http://1000awesome-things.com> (April 16 post).

Teaching is a difficult and often thankless job. If you've ever had a teacher who made a difference in your life, thank them. It will mean the world.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Learning the value of social networking

GlobalView

Mona Eltahawy

metronews.ca/globalview

When the volcano with the unpronounceable name erupted in Iceland, I was co-cooned in Oxford, England, attending the Skoll World Forum, an annual conference for social entrepreneurs.

I had no idea what a social entrepreneur was until

I was asked to speak about social networking and its impact on the Middle East. I learned that the inspiring men and women who had gathered at Oxford University applied entrepreneurial principles to solve social problems and help bring about change.

My contribution was to show how women in the Middle East used social networking sites to fight for their rights and to network, thereby building a virtual community, which translated into a community in the real world that offered support and solidarity.

And it was here in London where I became a "volcano refugee" who learned the value of social networking to my own life. Through Facebook I heard from friends all over the world, offering support to soothe the stress of not knowing when I could fly home again.

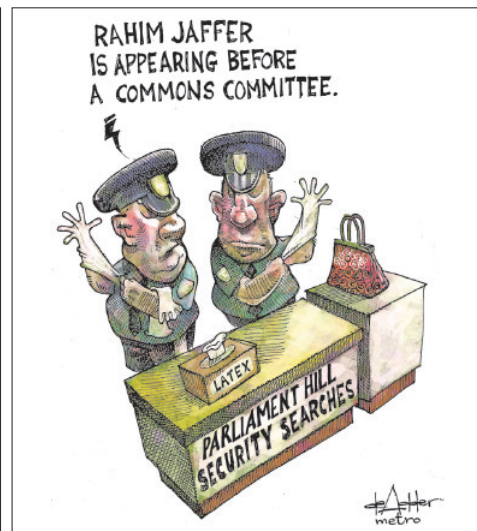
But this "volcano refugee" also remembered the value of old-fashioned networking, too, thanks to "real life" friends who took me in when my flight was cancelled.

Looking up and seeing no planes in the sky was a

stark reminder of just how prehistoric it is to be stranded because of a volcano. But being grounded was a chance, too, for some good old-fashioned rest and a sober reminder that if the uncertainty of being a "volcano refugee" was exhausting, then the trauma of being a refugee was almost impossible to assuage.

When we're forced to slow down, gratitude can come fast and easy.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



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Movie studio Lions Gate Entertainment Corp. yesterday urged shareholders to reject billionaire investor Carl Icahn's offer to buy up outstanding shares for \$7 each. The board unanimously rejected the buyout offer and said in a statement it was "financially inadequate, opportunistic and coercive." **THE CANADIAN PRESS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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Group buyers saving big

Fiyaz Keshwani has always been one to barter and is never happy paying full price when shopping. So when he found out he could get movie tickets at almost half off by jumping through a few hoops, he figured it'd be worth a little hassle for a great deal.

The 27-year-old from Edmonton turned to the Internet, collected money from dozens of fellow movie fans

online and arranged to buy 1,500 tickets directly through Cineplex Odeon at wholesale prices.

Companies like Costco and Sam's Club have long been known for leveraging the power of bulk buying to get lower prices. Now, consumers are turning to the Internet to find better deals by buying in big numbers.

"It stems from movies being expensive and prices

have been going up quite a bit over the years," Keshwani said in explaining why he's organized eight separate movie ticket bulk purchases so far, which are often called "group buys."

"When I first started, the minimum requirement for tickets was only 300 and so that was in my opinion a very achievable goal, especially when I was taking out 20 to 50 myself. And then it

wasn't that hard to get rid of the rest of them. And it just expanded from there."

Keshwani admits organizing the mass purchase and mailing out all the tickets to buyers is "quite a bit of manual work" but he said it's worth it. He also receives donations from appreciative buyers who sometimes send him a few extra dollars for his efforts.

THE CANADIAN PRESS

'Be very careful' with 3-D TVs

TECHNOLOGY 3-D or not 3-D?

That's the question many TV lovers are asking now that the three-dimensional experience has come to the small screen.

But one manufacturer's warning may prompt parents and pregnant women to think twice about allowing space heroes and pirates to jump off the screen into their living rooms.

Samsung Electronics Canada, which recently introduced its 3-D TV in this country, admits the company has only now started to study the long-term effects of watching 3-D television using its "active" glasses which shutter on and off.

"Your left eye shutters 60 times per second and your right eye shutters 60 times per second (with the glasses)," marketing director Robert Gumiela said in an interview.

"We're not sure how you react to shuttering, but

we're issuing this warning: 'Be very careful. If you start to feel dizzy, stop watching.'"

Samsung issued a 3-D warning several weeks ago and Gumiela says it was done "to make sure we're doing our due diligence."

The advisory also urges parents to watch their children for lightheadedness and involuntary movements like eye or muscle twitching.

Gumiela was asked why pregnant women, the elderly and people with serious medical conditions were also told to avoid 3-D.

"We don't have any concrete evidence yet, but the legal teams have just said, 'Let's cover all bases just in case,'" he said.

Samsung does not recommend watching 3-D "if you are in bad physical condition, need sleep or have been drinking alcohol."

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Business in brief

SALE Another piece of the Nortel Networks empire has been sold, with the Canadian company's interest in a Korean operation going to LM Ericsson

for US\$242 million. Nortel announced the sale of its 50-per-cent-plus-one share interest in LG-Nortel Co. Ltd., late Tuesday.

THE CANADIAN PRESS

Macau Gamblers welcome



Attendants welcome customers yesterday to the casino of Wynn Encore Macau, the newest resort built by Steve Wynn. The billionaire opened his latest hotel and casino in Macau Wednesday and said he aims to start building a massive new resort in the Chinese gambling mecca next year.

Gas company's Q1 profits improve

NATURAL GAS Encana

Corp.'s first quarter profit soared to US\$1.48 billion, three times higher than it was a year earlier, as the accounting impact of its hedging program more than offset lower market prices for natural gas.

Canada's largest natural gas company, which reports in U.S. dollars, said yesterday ahead of its shareholders meeting that the increased net income was due to \$912 million in unrealized gains from hedging.

THE CANADIAN PRESS

Flaherty rejects global bank tax

TAX There is no way Canada will co-operate with attempts to impose a global tax on banks, says Finance Minister Jim Flaherty.

In a speech to a Toronto financial audience on Wednesday, he lashed out at the international campaign to impose taxes and levies on banks to create a fund in case of future bailouts.

"We believe that Canadian taxpayers should not bear the costs of bailouts of financial institutions in other countries," Flaherty told the conference, a day before heading to Washington to make the same argument to his international colleagues.

The International Monetary Fund has just endorsed the idea, saying G20 countries should make all financial institutions pay into such funds, and should also considering a new tax on bank profits and pay.

But Flaherty said such taxes create an incentive for banks to behave recklessly, since they know they'll be bailed out if worst comes to worst.

"Let me make that even clearer," he said. "Canada will not go down the path of excessive, arbitrary or punitive regulation of its financial sector."

THE CANADIAN PRESS

Facebook Game changer?



Facebook CEO Mark Zuckerberg delivers a keynote address yesterday at a conference in San Francisco. Facebook is spreading its wings to the broader web, a move that could change the way people experience the online world, though it could come with privacy implications. Zuckerberg says the new tools will allow users to see personalized versions of other websites they visit.

GM CEO says carmaker has repaid government loans

PAYMENT General Motors Co. has repaid the US\$8.1 billion in loans it got from the U.S. and Canadian governments, a move its CEO says is a sign automaker is on the road to recovery.

GM CEO Whitacre announced the loan paybacks — US\$8.4 billion including interest — yesterday at the company's Fairfax Assembly Plant in Kansas City, Kansas.

GM had made about \$2 billion in loan payments to the U.S. government and \$384 million to Canada in December and March and had

promised to repay the full loans by June. But company officials have said its cash flow, mainly from the sales of newer models, has been better than expected, allowing it to make the remaining \$5.8 billion in payments early — about \$1.1 billion to Export Development Canada and another \$4.7 billion to the U.S. Treasury Department.

Whitacre also announced that GM is investing \$257 million in the Kansas factory and the Detroit-Hamtramck plant.



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THE ASSOCIATED PRESS

Heineken earnings up despite falling sales

Dutch brewer Heineken NV says its first-quarter operating earnings rose, despite falling sales as costs declined and it was able to sell more high-margin beer. It said higher volume in Canada more than offset volume softness in the U.S. market. **THE ASSOCIATED PRESS**

Loonie cuts pension growth

A major investment services firm suggests the Canadian pension crisis may be winding down, despite the drag caused by a persistently high loonie.

RBC Dexia Investor Services says Canadian pension assets have gained in value

for four straight quarters, growing 22.1 per cent.

However, RBC Dexia says the high value of the Canadian dollar hampered growth somewhat, saying currency losses outpaced stock market gains.

The firm's analysis of a selection of pensions with

\$340 billion in assets found domestic equity drove the recovery, growing 44.7 per cent over the year.

But the loonie's 23 per cent surge over the year resulted in a 0.1 per cent loss for pensions when their foreign assets were converted into Canadian dollars.

RBC Dexia's director of advisory services, Don McDougall, says the first quarter of 2009 may have "marked the end of the financial crisis for Canadian pensions."

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Grocer wants to grow its pharmacy business

DRUGS Supermarket giant Metro Inc. remains committed to expanding its pharmacy network despite the pending Ontario government changes that would reduce proceeds to pharmacies from the sale of generic drugs.

The Ontario government is pushing forward with

legislation that aims to save \$500 million annually by eliminating professional allowances to pharmacists. Such payments from generic drugmakers help defray costs of dispensing drugs.

Metro chief executive Eric LaFleche said the company will assess the impact once the final measures are adopted in Ontario. "But we remain committed to that business and we think we're in a good position to grow in that business," he said.

THE CANADIAN PRESS

Bonuses on tap at Molson Coors

BREWING Soaring profits last year prompted Molson Coors to open the financial taps to reward the brewer's senior executives with large bonus and stock option increases.

Chief executive Peter Swinburn, 58, received more than \$9.4 million US in total compensation, up from \$6 million in 2008, according to a proxy circular filed with U.S. regulators.

Molson Canada president and CEO David Perkins, 56, earned nearly \$3.79 million last year, including a \$551,000 base salary. His predecessor, Kevin Boyce, got \$5.2 million, including two years base salary and bonuses, after his employment was terminated June 5.

THE CANADIAN PRESS

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Could the U.S. love affair with foreign autos be cooling? An Associated Press-GfK Poll shows that more Americans now say U.S.-made automobiles are better than cars made by Asian countries. People give American autos an edge over their Asian competitors 38 per cent to 33 per cent. **THE ASSOCIATED PRESS**

No sensible shoes in Washington boutiques

The U.S. capital — wellspring of the dark androgynous suit — is showing signs of a cutting-edge fashion leap where the kitten heel meets the pavement.

Jimmy Choo, move over: The independent boutiques are strutting in with hot, sassy footwear that truly seems revolutionary. It's all the more impressive because it's happening in

fashion-challenged Washington, D.C., not New York or Paris.

Stroll over to Hu's Shoes in Georgetown and take a gander at newcomer Raphael Young's apple-red patent and black stiletto heels. The four-centimetre platform and 11-centimetre heel scream red, the vamp is black and the upper part of the shoe is boot-like with laces thread-

ed through silver grommets. Price? \$1,195.

Designer Michael Lewis, also a newcomer, has a red, teal and black pair of knockout stilettos. The vamp is teal suede, while the heel and front part of the insole are candy red, topped by black patent with matching tassels and a gold buckle that has a jewelry finish. They shoes retail for \$825.

Prices, thanks in no small part to the euro-dollar exchange rate, have headed upward along with the height of heels and platforms.

"If it's something really special, people will spend," said Marlene Hu Aldaba, co-owner of the five-year-old shop with partner Eric Eden.

"Recession? What recession," asked a smiling Nan-

cy Pearlstein, who owns the independent Relish boutique a few blocks away. "It's been a good year. People are feeling good."

Pearlstein, whose great-grandfather established the Louis of Boston clothing store, said she did not buy enough inventory for the winter season because she was "not expecting it to be as good as it has

been."

In Pearlstein's trendy converted warehouse, her location since 2004, fashionistas can find motorcycle boots that propel style into fresh territory. Designed by Golden Goose, the boot is black leather, with a big faux ruby in front and the rest studded.

"Boots are all year round now," Pearlstein said.

THE ASSOCIATED PRESS

IMF predicts strong global rebound

ECONOMY The International Monetary Fund says the global economy, after enduring a crippling recession, should see better-than-expected growth this year, led by strength in China and other developing nations.

In an updated economic outlook, the IMF forecast that the world economy would expand 4.2 per cent this year, faster than its previous projection and a sharp improvement from 2009 when global output fell by 0.6 per cent, the worst performance since the Second World War.

However, the international lending agency warned that the recovery still remained vulnerable, with the biggest threat likely to come from a surge in government debt burdens.

"The outlook for activity remains unusually uncertain," the IMF said in its latest World Economic Outlook. **THE ASSOCIATED PRESS**

B.C. ambulance changes go ahead

HEALTH The B.C. government is going ahead with plans to integrate its ambulance service more closely with the health-care system, despite objections from the paramedics' union.

Health Services Minister Kevin Falcon says legislative amendments tabled today will better tie the ambulance service to the health system, especially in rural and remote areas. Falcon says paramedics will be able to provide a wider range of emergency and non-emergency services without necessarily taking a patient to the hospital emergency room.

When the government announced the plan last month, the paramedics' union said the changes were punishment for a lengthy strike last year.

THE CANADIAN PRESS



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EBay profits up by 11%

ONLINE EBay Inc. said Wednesday its first-quarter profit rose 11 per cent as consumers spent more on its main website, but a disappointing forecast for the current quarter pushed the company's shares down sharply in after-hours trading.

EBay said it earned US\$397.7 million, or 30 cents per share, in the first quarter, compared with \$357.1 million, or 28 cents per share, in the same period of 2009.

Excluding one-time items, the company earned 42 cents per share. Analysts polled by Thomson Reuters expected 41 cents.

Revenue climbed nine per cent to \$2.2 billion, matching analyst estimates.

That reflected an improvement in eBay's biggest segment, which includes eBay.com, Shopping.com and other e-commerce sites.

THE ASSOCIATED PRESS

U.S. \$100 bill to get high-tech makeover

CURRENCY The folks who print America's money have designed a high-tech makeover of the \$100 bill. It's part of an effort to stay ahead of counterfeiters as technology becomes more sophisticated and more dollars flow overseas, Federal Reserve chairman Ben Bernanke says.

The makeover, unveiled Wednesday by Bernanke and Treasury Secretary Timothy Geithner, may leave people wondering if there's magic involved.

Benjamin Franklin is still on the C-note. But he has been joined by a disappearing Liberty Bell in an inkwell and a bright blue security ribbon composed of thousands of tiny lenses that magnify objects in mysterious ways.

Move the bill, and the objects move in a different direction.

The new currency will not go into circulation until Feb. 10 of next year. That will give the government time to educate the public in the United States and around the world about the changes.

"We estimate that as many as two-thirds of all \$100 notes circulate outside the United States," said Bernanke, who stressed that the 6.5 billion in \$100 bills now in circulation will remain legal tender.

The \$100 bill, the highest value denomination in general circulation, is the last bill to undergo an extensive redesign.

THE ASSOCIATED PRESS

McDonald's sales up worldwide

PROFIT McDonald's Corp.'s first-quarter profit surged as it drew more diners seeking cheap meals with its new breakfast dollar menu and standbys like Chicken McNuggets.

The world's largest hamburger chain said yesterday that sales rose throughout the globe, especially Europe and Asia where more customers visited its restaurants.

The company's U.S. sales climbed as well, though more slowly.

McDonald's, based in Oak Brook, Ill., has generally managed to do better than most of its competitors in the recession. But even its long run of revenue growth came under pressure amid high unemployment, causing revenue to slip in 2009 for the first time in more than a quarter-century.



Worldwide sales at McDonald's restaurants open at least a year grew 4.2 per cent for the quarter, with Europe climbing 5.2 per cent and Asia-Pacific, the Middle East and Africa up 5.7 per cent.

For the first quarter, McDonald's earned \$1.09 billion, or \$1 per share. Those results included a three-cents-per-share charge related to closing locations in Japan.

Yesterday's profit compares with earnings of \$979.5 million, or 87 cents

per share, in the same quarter last year.

In the U.S., customers snapped up McDonald's beverages such as frappes and coffee drinks from its McCafe line. Meanwhile, its new breakfast dollar menu also seemed to resonate with consumers. **THE ASSOCIATED PRESS**

Canada avoids relegation

Guy Carboneau finally caught a glimpse of the Canadian team he envisioned coaching at the IIHF World U18 Championship. Jordan Weal had two goals and an assist yesterday as Canada avoided relegation with a 5-1 victory over Latvia. **THE CANADIAN PRESS**

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Sports



Creator of Twins logo dies

The St. Paul illustrator who created the enduring Minnesota Twins logo of two players shaking hands across a river has died of cancer at age 80. Ray Barton was paid \$15 in 1961 to create the image, never thinking it would become the team's official logo. It's displayed on the Twins' uniforms and pennants and was turned into a giant sign that looms over the outfield at the team's new ballpark.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA



Boston Bruins right wing Miroslav Satan celebrates his game-winning goal with teammate Dennis Wideman last night.

Bruins take stranglehold

(Boston leads 3-1)

Sabres 2 Bruins 3 (2 OT)



Miroslav Satan scored on a power play at 7:41 of the second overtime to give the Boston Bruins a 3-2 victory over the Buffalo Sabres last night and a 3-1 lead in the first-round playoff series.

The Bruins got the power play in the second extra period when Buffalo's Drew Stafford was caught on the ice as a sixth skater. Satan got a pass

from Michael Ryder in front of the net and put it past Ryan Miller.

Tuukka Rask made 35 saves for Boston and also assisted on Satan's goal. Ryan Miller stopped 36 shots for the Sabres.

Game 5 is Friday night in Buffalo.

Tim Kennedy and Steve Montador scored for Buffalo, which opened a 2-0 lead after two periods. David Krejci and Patrice Bergeron scored in the third period for Boston to send the game into overtime.

Both goalies made stunning saves to keep their teams in the game.

THE ASSOCIATED PRESS

Capitals push Canadiens to brink of elimination

(Washington leads 3-1)

Capitals 6 Canadiens 3



NHL Alex Ovechkin scored two goals and Semyon Varlamov made 36 saves as the Washington Capitals defeated the Montreal Canadiens 6-3 last night to put a chokehold on the first-round NHL playoff series.

The Capitals lead the best-of-seven Eastern Con-

ference quarter-final 3-1 and can wrap it up with a victory on home in Washington tomorrow night.

Mike Knuble also scored twice and Jason Chimera and Nicklas Backstrom each had one for Washington, although only four of the goals were on Carey Price, who replaced Jaroslav Halak as the Canadiens starter.

Knuble's second and Backstrom's goal were into empty nets between a late goal by Montreal's Dominic Moore.

THE CANADIAN PRESS

Sports in brief

SOCCER Gabriel Agbonlahor and James Milner fired Aston Villa to a 2-0 victory at Hull yesterday to maintain its slim chance of capturing fourth place in the Premier League and push the home side closer to relegation. Aston Villa climbed one place to sixth in the standings, but is still three points behind fourth-place Tottenham, which has a game in hand.

SOCCER Arjen Robben scored a second-half winner as Bayern Munich beat Lyon 1-0 in the first leg of a Champions League semifinal yesterday, a game in which both sides finished with 10 men.

BLUE JAYS Toronto Blue Jays pitcher Brian Tallet is

scheduled to undergo an MRI on his forearm today when the team hopes to identify an injury that landed the veteran starter on the disabled list amid a flurry of moves announced yesterday afternoon. Edwin Encarnacion was also placed on the 15-day disabled list with an arm injury. **NBA** Oklahoma City Thunder coach Scott Brooks was named the NBA's coach of the year after engineering the league's best turnaround. The Thunder won 27 more games this season than they did a year ago, going 50-32 and earning the No. 8 seed in the Western Conference playoffs with the NBA's youngest roster.

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World's most valuable sports team? Man U, says Forbes

SOCCER Manchester United has been ranked soccer's most valuable team by Forbes magazine for the sixth straight year as a group of investors and fans try to buy the heavily indebted club.

The magazine's valuation is \$1.8 billion US, but the Glazer family that owns the club is resisting the hostile Red Knights campaign to buy the 18-time English champions and their debt of \$1.1 billion.

Based on Forbes' estimates, which take into account revenue growth, profitability and debt levels in the 2008-09 season, United is the most valuable sports team in the world. The Dallas Cowboys

Other top teams

- Barcelona has leapt to fourth at \$1 billion from seventh, taking Bayern Munich's place.
- Liverpool, sixth at \$822 million, is looking for a buyer. The top 10 includes AC Milan (\$800 million), Juventus (\$656 million), Chelsea (\$646) and Inter Milan (\$413 million).

are valued at \$1.65 billion by Forbes and the New York Yankees at \$1.6 billion.

Real Madrid is second on the soccer list at \$1.323 billion, with Arsenal third at \$1.181 billion — the same top three as last year.

THE ASSOCIATED PRESS



Pittsburgh Steelers quarterback Ben Roethlisberger practises earlier this week at the team's training facility in Pittsburgh.

Roethlisberger hit with suspension

NFL Pittsburgh Steelers quarterback Ben Roethlisberger was suspended for six games without pay yesterday for violating the NFL's personal conduct policy and ordered to undergo behavioural evaluation.

Commissioner Roger Goodell handed down the punishment a week after prosecutors decided not to charge Roethlisberger in a case involving a 20-year-old college student who accused him of sexually assaulting her in a Georgia nightclub in March.

Goodell said the league's conduct policy gave him the right to impose discipline regardless of whether he broke the law. "I recognize that the allegations in Georgia were disputed and that they did not result in criminal charges being filed against you," he said in his letter to the two-time Super Bowl winner, a six-year veteran. "My decision today is not based on a finding that you violated Georgia law,

\$2.8M

Sitting out all six games will cost Ben Roethlisberger an estimated \$2.8 million US.

or on a conclusion that differs from that of the local prosecutor. That said, you are held to a higher standard as an NFL player, and there is nothing about your conduct in Milledgeville that can remotely be described as admirable, responsible, or consistent with either the values of the league or the expectations of our fans."

Roethlisberger must undergo a "comprehensive behavioural evaluation by medical professionals" and may not attend any team off-season activities until that evaluation is completed.

The suspension could be reduced to four games for good behaviour.

THE ASSOCIATED PRESS

SCOREBOARD

NHL PLAYOFFS

YESTERDAY'S RESULTS

Washington 6 Montreal 3
Boston 3 Buffalo 2 (2 OT)
Vancouver 6 Los Angeles 4

TODAY'S GAMES

Philadelphia at New Jersey, 5 p.m.
Ottawa at Pittsburgh, 5 p.m.
Chicago at Nashville, 6:30 p.m.
Colorado at San Jose, 8:30 p.m.

NBA PLAYOFFS

YESTERDAY'S RESULTS

Orlando 92 Chicago 77
San Antonio 102 Dallas 88

BASEBALL

YESTERDAY'S AL RESULTS

Kansas City 4 Toronto 3 (10 ins)
Boston 8 Texas 7 (12 ins)
Minnesota 6 Cleveland 0
Tampa Bay 12 Chicago White Sox 0
Seattle 4 Baltimore 1
Detroit at L.A. Angels
N.Y. Yankees at Oakland

YESTERDAY'S NL RESULTS

Chicago Cubs 9 N.Y. Mets 3
Houston 5 Florida 4
L.A. Dodgers 14 Cincinnati 6
Milwaukee 8 Pittsburgh 0
Philadelphia 2 Atlanta 0
San Diego 5 San Francisco 2
Washington 6 Colorado 4
St. Louis 9 Arizona 4

NFL DRAFT

TODAY'S FIRST ROUND

SELECTION ORDER

1. St. Louis; 2. Detroit; 3. Tampa Bay; 4. Washington; 5. Kansas City; 6. Seattle; 7. Cleveland; 8. Oakland; 9. Buffalo; 10. x-Jacksonville.

11. x-Denver (from Chicago); 12. Miami; 13. San Francisco; 14. Seattle; 15. N.Y. Giants; 16. x-Tennessee; 17. x-San Francisco (from Carolina); 18. Pittsburgh; 19. x-Atlanta; 20. x-Arizona 4.

21. Cincinnati; 22. New England; 23. Green Bay; 24. Philadelphia; 25. Baltimore; 26. Arizona; 27. Dallas; 28. San Diego; 29. N.Y. Jets; 30. Minnesota.

31. Indianapolis; 32. New Orleans.

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Sports in brief

CHARGES Less than one month after he won gold at the Vancouver Paralympics, wheelchair curling skip Jim Armstrong was arrested for allegedly trying to smuggle thousands of counterfeit pills into Canada.

DIVING Roseline Filion of Laval, Que., and Meghan Benfeito of Montreal won the silver medal yesterday on women's synchronized 10-metre tower to conclude the third and final stop on the FINA World Series diving circuit.

NHL Kevin Prendergast is the first casualty of the Edmonton Oilers' terrible season. The team fired Prendergast, their assistant general manager and vice-president of hockey operations, Monday.

THE CANADIAN PRESS

Who will be the No. 1 pick?

With draft starting tonight, NFL GMs are weighing their options

Sam Bradford chucked footballs to Pop Warner players. Ndamukong Suh posed for dozens of cameras. Gerald McCoy surveyed the Central Park landscape.

While the top prospects enjoyed New York yesterday, general managers and personnel directors throughout the NFL pondered the most unique draft in years.

Not only is this year's crop stocked with players such as Nebraska defensive tackle Suh, Oklahoma quarterback Bradford and Sooners teammate McCoy, but the three-day setup is new. The draft kicks off tonight in prime time for the first time. The second and third rounds are Friday night, with the final four rounds Saturday.

Bradford, Suh and McCoy figure to go 1-2-3 overall. No wonder they were all smiles during a variety of league-staged events.

"It's fun and it's important," Suh said as he watched dozens of youth

players scramble around a makeshift artificial turf field.

The real scramble begins at 5:30 today, and the All-American considered the best defensive tackle coming out of college in more than a decade has no clue where he will land.

"I have no idea what's going to happen," he said. "I haven't had anyone tell me that they want to draft me. There could be a lot of trades. There could be someone a team really wants."

They pretty much all want Suh. And Bradford. And McCoy.

"I hope so," McCoy said. "If I walk into the room having no idea, my heart's going to be going." 2008 Heisman Trophy winner Bradford admitted.

Bradford is projected to go No. 1 to St. Louis, which released incumbent Marc Bulger and comes off a 1-15 season in which it managed all of 175 points in 16 games.

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Nebraska defensive lineman Ndamukong Suh runs the 40-yard dash during the NFL scouting combine last month.

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- Ability to produce superior work under deadline pressures
- Familiar with PDF technology, retrieving and sending files electronically
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The Blue Wave

We have come a long way since the Blue Box pilot project in Kitchener – see what the next steps are

page 2

Sustainable Choice

With major partners on board, Loblaw is leading the charge to reduce fish stock exploitation

page 4

Green Tech

After 20 years and counting, Toshiba's commitment to the environment continues through new products and business practices

page 6

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Our Oceans, Our Planet

It was just 30 years ago that the first blue box became a part of life ~ by Ylva Van Buuren

In fact, 250 hand-assembled blue boxes were distributed in a Kitchener, Ontario neighbourhood with instructions to separate bottles, cans, and newspapers out of the garbage so the city could pick them up separately.

"It was a highly successful pilot project... and within 15 years, every household in the province had a blue box," explains Derek Stephenson, President, StewardEdge Inc., and the man who spearheaded the program. Of course, blue boxes are now part of the landscape across Canada, and this kind of recycling has extended throughout the United States (just the colour of the box is different) and into parts of Europe too. Our blue box program is just one example of how Canada has taken a leading role in environmental protection.

"It is crucial that environmental awareness become part of our value system—and that's what has happened," says Stephenson. "People want to do the right thing—and will participate when they believe they are."

Another great example of how change occurs is when Canadians made the link between everyday products such as hairspray and deodorant and the widening hole in the ozone layer. The movement to remove the offending chemicals, called CFCs, led to the

1989 Montreal Protocol, which banned CFCs and ultimately became one of the most widely-adopted protocols around the world!

Environmental awareness—and action—is now widespread, whether it involves purchasing a green product, taking public transportation, changing the type of light bulbs you use, or taking part in activities such as the Green Living Show (this weekend), Canadian Environment Week, and Clean Air Day (in June). Earlier this month, hundreds of millions of people across the globe—a record 126 countries and territories—turned their lights off for Earth Hour in support of the World Wildlife Fund-led initiative.

But challenges still remain and the biggest one is to lighten our environmental footprint across the board. "People need to reduce, reuse, recycle—and re-think," says Stephenson. "It's important to ask yourself: What is the impact of what I am doing, and can I do it with a smaller environmental footprint?"

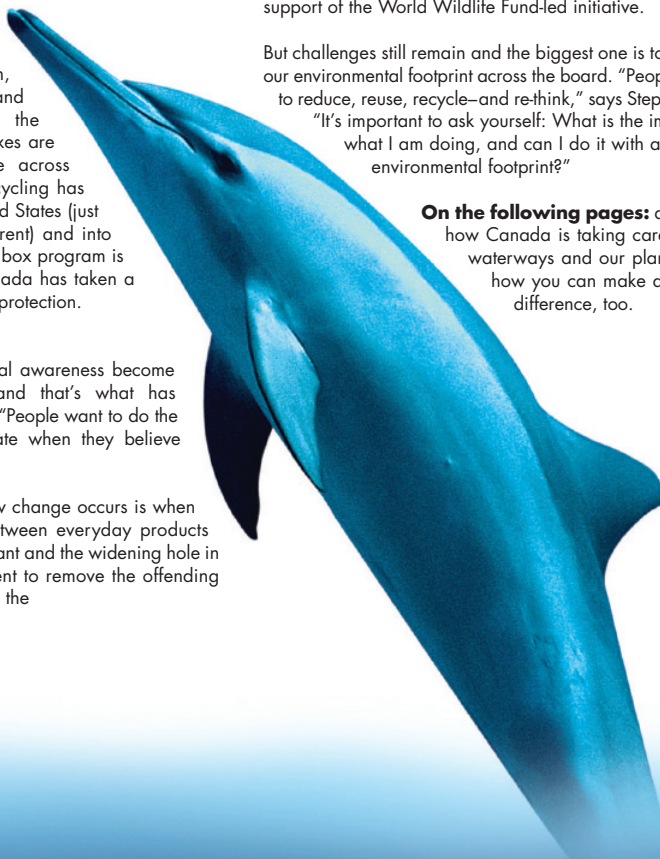
On the following pages: a look at how Canada is taking care of our waterways and our planet—and how you can make a bigger difference, too.

Every Little Bit Counts

If you were one of the more than 10 million adult Canadians who turned off the lights to mark Earth Hour this year, you helped to place this country, once again, at the top of the list for global participation. But organizers say the no-power hour accomplished much more than temporarily shrink the country's electricity load.

The idea, says Keith Stewart, director of the climate change program with World Wildlife Fund Canada, was to put the spotlight on how little changes can add up to make a big difference.

If every Canadian, for example, switched one regular light bulb for an energy-efficient compact fluorescent (CFL) bulb, the World Wildlife Fund estimates it would be equal to taking 57,000 cars off the road. Also, if just nine families regularly walked their kids to school instead of driving them, they could prevent almost 1,000 kg of carbon dioxide from being released into the atmosphere.



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Water, water – everywhere

Programs aim to reclaim our fresh water ~ *by Alex Newman*

"Although it is important today to be aware of how much water you are using and possibly wasting (Canadians consume a whopping 4,400 litres of water per day per person), water quality is becoming a big issue too," says Mark Mattson, director of the non-profit watchdog organization, Waterkeepers. "In fact, water may be a bigger polluter than air," he says.

But when it comes to water, it's not all bad news. Provincial and federal governments have cranked up their efforts to help protect waterways, funding cities to rebuild water system infrastructures that have been neglected with the past several decades of growth, says Mattson.

The Canadian Council of Ministers of the Environment (CCME), a 15-year-old forum for collaborating on environmental issues, has devised a national action plan to increase municipal water use efficiency and to protect drinking water from source to tap.

To address potential water shortages, Agriculture Canada is looking at ways to capture water during spring snow melt for storage behind dams or in reservoirs to use for later irrigation. The ministry is also investigating use of lower-moisture crops and management practices for improving crop production.

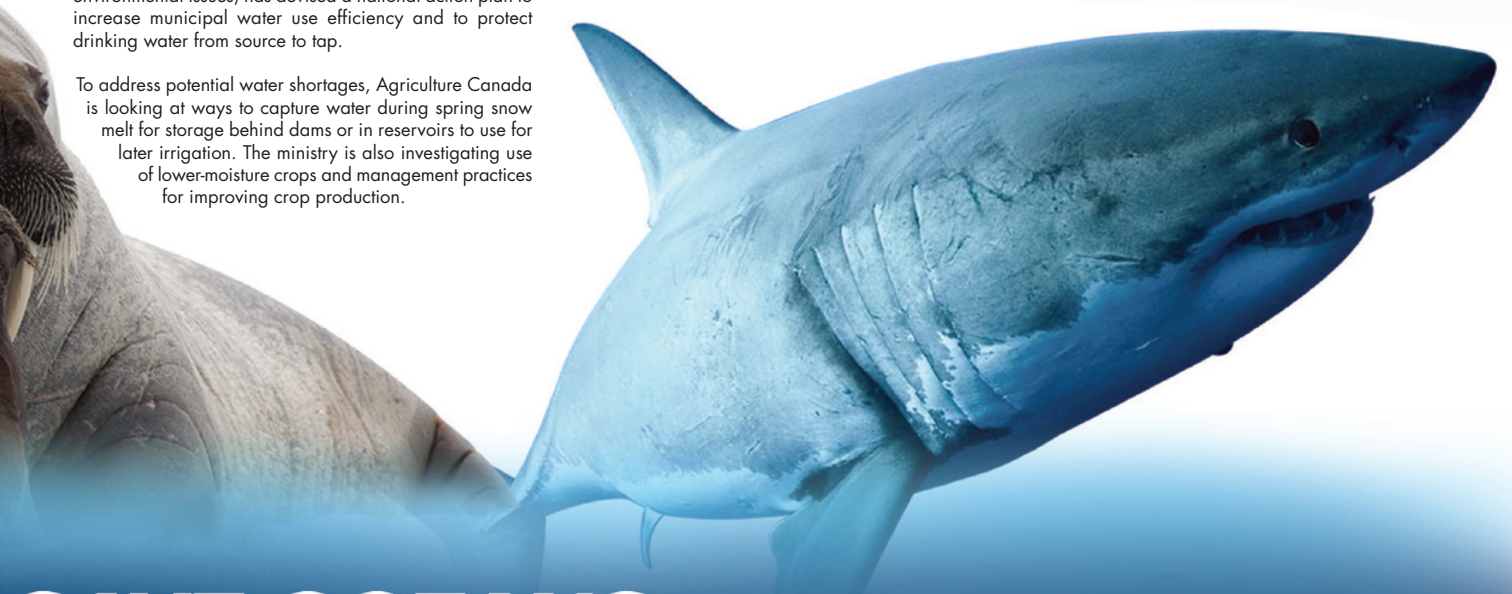
April also marks a major environmental success story in Canada. Mattson explains, "The opening of the causeway gates on the Petitcodiac River in Moncton has launched the biggest fish restoration project in the world and will take the river off the endangered list!"

What you can do:

- Reduce water consumption: run full dishwasher loads, trade in your old toilet for a low flow model, buy a front load washer, collect rainwater for the garden
- Divert waste that can leach into the water table at garbage sites: properly dispose of wet food wastes (in compost), leftover medicines (return to your drugstore who will dispose of it safely), and chemicals such as leftover paint, varsol, etc. (bring to a drop off depot; check your municipality for the location)
- Check out waterkeepers.ca or, better yet, start your own local chapter
- Help clean up shorelines by volunteering for the Great Canadian Shore Cleanup (Sept 18-26, 2010) www.shorelinecleanup.ca

Steps That Add Up

- Turn off the water while brushing your teeth or shaving
- Pass on the plasma TV—it uses five times as much energy as other models
- Unplug electronics when not in use, or use a power bar
- Shower, don't bathe, and keep it short—switch to a low-flow shower head
- Cook with a microwave, electric frying pan, toaster oven or slow cooker rather than stovetop or oven
- Don't shop, swap—organize a book or clothing exchange with friends or make use of online sites such as Kijiji or Freecycle
- Place chairs next to windows for daytime reading
- Try carpooling and telecommuting at work
- Avoid plane travel if possible
- Use a laptop instead of a desktop
- Print on both sides of your paper
- Use a mug at the office instead of disposable cups
- Set up a Walking School Bus for your children's school via www.saferoutestoschool.ca



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Loblaw Offers Sustainable Choice

Local and sustainable sources are Loblaw's top priority ~ by Lori Dance



The world's oceans are facing an unprecedented crisis, with much of the world's fish stock either fully exploited or over-exploited. As well, the impact of carbon consumption is prompting consumers to look closer to home for their produce. Loblaw has taken these concepts to heart by setting goals that address the need for sustainability and environmental responsibility.

In 2009, Loblaw announced a comprehensive sustainable seafood initiative, committing to source 100% of seafood sold in their stores from sustainable sources by the end of 2013; this covers all canned, frozen, fresh, wild, and farmed seafood products in all categories—both private label and national brands.

To help them achieve their goal, Loblaw is partnering with WWF-Canada, the Marine Stewardship Council (MSC), marine scientists, conservation experts, and fisheries. "This initiative is one of the most ambitious and comprehensive steps we have seen from a grocery retailer in Canada and, indeed, the world," says Gerald Butts, President and CEO of WWF-Canada (www.wwf.ca). "When fulfilled, the Loblaw initiative will go a long way to help conserve the well being of our oceans and marine life, setting an important example for other retailers to follow."

The Marine Stewardship Council (www.msc.org) is currently the only certification system that meets all of Loblaw's needs for wild-caught seafood, is global in scope, and is supported by leading international conservation organizations. Loblaw is committed to offering customers sustainable choices and continues to expand their line of Marine Stewardship Council (MSC)-certified products. They now offer 16 MSC-certified products in their stores, the most of any Canadian retailer. As well, as certain species are found to be at risk, Loblaw will temporarily suspend sales in their stores until a sustainable source is found.



For more information on their commitment to sustainability, visit their Facebook Fan Page at www.facebook.com/LoblawSustainableSeafood

University of Guelph Partnership

Loblaw's sustainability efforts don't just end on the shoreline, however. A \$3-million gift in April has enabled the University of Guelph (www.uoguelph.ca) to create the Loblaw Companies Limited Chair in Sustainable Food Production, the centre of the University's research focus on creating robust food production systems through education, research, practice, and outreach. "Working together, we can address the very issues that are at the root of today's global pressures around food sustainability," explains Galen G. Weston, executive chairman of Loblaw Companies Limited. "Through this initiative, we believe we can help to increase Canada's capacity to produce food sustainably, train tomorrow's industry leaders, contribute to policy development, meet consumers' needs, and nurture our environment. It represents the defining strategy for Loblaw over the next two decades."

Grown Close to Home™ program

To address the demand for locally grown produce, Loblaw supports local Canadian farmers and economies to bring Canadians exceptional flavours of produce picked at its peak. They partner with more than 400 growers across Canada. Over the past two years, the Grown Close to Home™ program has increased produce sales by more than 16% during the local harvest period.

Reducing the Carbon Footprint

Loblaw's commitment to waste and emissions reduction

It may surprise you to know that the grocery industry deals with the issue of waste on a daily basis in the form of wood pallets, plastic and cardboard packaging, glass bottles and cans, plastic shopping bags, and food that goes bad and runs short of its code life. As well, the amount of fuel necessary to transport goods through the supply chain has a significant impact on a supermarket's carbon footprint.

Since 2007, Loblaw has been working towards diverting 70% of their generated waste away from landfill, a goal that has already been achieved in their Atlantic corporate stores. Their approach is to focus on the areas where we can make the biggest impact: reduce, reuse and recycle where we can; use our own brands to innovate and drive change; and collaborate with municipalities, private industry and other key stakeholders to build infrastructure and markets.

In 2009, Loblaw introduced new initiatives to reduce their carbon production from the transportation of goods through their supply chain. Bunk heaters in tractor cabs keep drivers warm in the cold winter months, lowering fuel consumption from 4.0 litres per hour (when a tractor idles) to 0.2 litres per hour. Multi-axle trailers for their primary freight routes in Ontario and Quebec enable trucks to pull more weight using the same power source. In 2009, they recapped 80% of their tires instead of replacing them (production of a new tire uses approximately 83 litres of oil, while the recapping process uses only 26 litres). And finally, they reduced the maximum speed limit for their fleet to increase fuel efficiency, reduce wear and tear on equipment, and mitigate the risk of accidents.



To address the issue of food spoilage, Loblaw established partnerships with two companies in developing biogas facilities that will convert organic waste from select stores into a renewable energy source. As well, they have well-established processes for reclaiming unsaleable products and sending them to food banks whenever possible.

In 2009, Loblaw enlisted the help of their customers in reducing waste by no longer providing complimentary plastic shopping bags at checkout. In 2009 alone, these actions led to a 55% reduction in the use of plastic bags coming from their stores.

Minimizing the carbon footprint of the grocery industry is an incredibly daunting task. The challenges supermarkets face in mitigating their waste and fuel expenditure are often too easy to overlook and simply ignore in favour of maximizing their own bottom line. It's good to see a company such as Loblaw take steps to reduce its environmental impact.

Saving Energy in Loblaw's Supermarkets

Approximately 73% of Loblaw's carbon footprint is the result of the energy used in stores, distribution centres, and offices. Some of the energy efficiency improvements made at new and existing stores include:

- Replacing open freezers with closed-door units that reduce the amount of air that escapes
- Adding pull-down curtains to refrigerated cases
- Upgrading lighting systems to include motion-activated LED lighting in freezer cases and in low traffic areas of the store

- Installing automatic energy management systems which reduce lighting and energy use during hours of non-operation and ensure that mechanical, electrical, and refrigeration systems operate at maximum efficiency

Award Nominees Pave the Environmental Way

Environmental awards are a great way to learn how to make changes that make a difference ~ *Gilda Swartz*

The 2010 Green Toronto Awards, for example, recognize individuals, organizations and companies that are leading the way to a cleaner, greener and more livable city. Nine winners will be announced at the Green Living Show in Toronto on April 23. Here is a close-up look at three of the 27 nominees – what makes them special and how you can follow their lead. For more information, visit www.greenlivingonline.com

Turn nature into your playground

Most of us don't have easy access to fields and forests. That's why Bienenstock Natural Playgrounds (BNP) creates play areas that include fallen logs, hills, boulders and native plants. Bienenstock playgrounds, which meet all safety standards, are in parks, at childcare centres, YMCAs and other public spaces across Canada.

What you can do:

Take a hike – or bike – on your nearest nature trail. Include a nature guidebook and check out trees, insects and wildlife. Keep a list of what you see along the way.

Make your community more livable

With the help of 10,000 volunteers Evergreen, a national charity, has planted more than 50,000 trees and shrubs in Vancouver, Toronto and other urban centres, helped 140 youth turn 18 barren plots into wildflower gardens, and is transforming Toronto's once-deserted Don Valley Brick Works into an environmental centre. Evergreen offers grants, resources and workshops to people who want to green their communities.

What you can do:

Volunteer at a community garden or a tree-planting event. Support local food producers by buying their fruits, vegetables, wines and cheeses. Donate money to environmental programs.

Conserve and win

Wilmar Court is a seniors' housing project with young ideas about sustainable living. The 72-unit apartment in Scarborough, Ont., installed solar panels to pre-heat its hot water. Organic mulch enriches the grounds, and low-energy bulbs light the building.

What you can do:

At home, use biodegradable soaps and cleaners, buy compact fluorescent bulbs, use rain barrels to collect rainwater run-off, choose low VOC paints, mulch your garden naturally and install energy-efficient toilets.



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Other Green Awards

- Earth Day Canada recognizes the importance of personal environmental achievement with their Hometown Heroes Awards
- The Royal Canadian Geographical Society and 3M Canada has a Canadian Award for Environmental Innovation to celebrate individuals involved in a project that protects, restores, or preserves the environment

Taking a Greener Initiative

Toshiba Canada practices what they preach ~ by Lori Dance

We've all read about how companies are rolling out new product lines that use less energy and are better for the environment. But how far are they willing to go to prove their commitment to the environment when nobody else is looking?

"Toshiba has a 20-year history of environmental commitment and takes a long-term approach to helping better the environment by setting goals well into the future—such as the Toshiba Group's global Environmental Vision 2050," says Ralph Hyatt, President and CEO of Toshiba of Canada. "Based on the Kyoto Protocol, this program promises to improve our eco-efficiency by a factor of ten over the year 2000 through strict monitoring of our energy usage, manufacturing process improvements, and eco-conscious product development that will help make a difference today and for future generations."

The Toshiba Environmental Vision 2050 program seeks to reduce emissions of carbon dioxide by the equivalent of 117.7 million tons per year by 2025 and raise overall eco-efficiency tenfold by 2050 (compared to 2000). Just two years ago, 51% of Toshiba sites worldwide achieved zero emissions of waste, and 89% of Toshiba products did not contain any of a list of 15 harmful substances, including PCBs, Ozone-depleting substances, Cadmium, Lead, and

Mercury. And two years from now, Toshiba has set a target to achieve zero emissions of waste at all Toshiba sites worldwide, and 100% of Toshiba products will be free from 15 harmful substances.

Potential suppliers take a stringent, 22-point environmental performance survey, and priority is then assigned to companies with the highest survey scores. This not only results in greener products, but it also gives suppliers the incentives and resources needed to improve their environmental practices.

Their commitment to the environment doesn't just end at the manufacturing stage, however. At their Markham head office, employees receive a reusable mug when they begin their employment, and china and biodegradable containers have replaced Styrofoam in their cafeterias. Electronics and lights are turned off when not in use, programmable thermostats have been installed throughout the building, and employees are urged to exercise responsible printing practices (when printing is necessary, double-sided is the way to go). Their current average

percentage of waste that goes to the landfill is 12.4%—by the end of this year, they hope to meet the Toshiba corporate global objective.

Toshiba's sponsorships also demonstrate their sense of environmental responsibility. In the past, Toshiba of Canada has partnered with Scouts Canada to provide a "Leave No Trace" environmental education program for leaders and youth and, this year, Toshiba is sponsoring the Hugh Garner Housing Co-Operative Green Roof program, providing over 70 trees and shrubs for what will be the largest residential green roof in Ontario. Toshiba employees have also organized a park clean up at Milne Park and have planted trees as part of the "Trees for Tomorrow" program in Markham.

So what does the future hold for Toshiba's commitment to the environment? Well, it appears as though they've set the bar pretty high for themselves, both internally and in their public practices. It will be interesting to see how they manage to reach these lofty goals and make new ones in the years to come.



Lowering Your Energy Bill

Electronics go environmental in this year's Toshiba lineup

It's April 22 again, and you're likely hearing the same old green tips: Use compact fluorescent bulbs. Turn off the water when you're brushing your teeth. Turn on only what you're using. But did you know that upgrading your electronics is one way you can help save the environment? We took a look at a couple of products from Toshiba's lineup to see how we can justify the purchase of some shiny new toys...

If you're in the market for a new television, you're in luck. All REGZA TVs from 2009 onward have earned the ENERGY STAR label which, in 2010, raised its requirements from the previous ENERGY STAR 3.0 to 4.0 to limit power consumption in On and Standby modes—simply put, they use less energy, which saves both money and environmental impact.

In fact, Toshiba's current REGZA lineup of 2010 LED backlit TVs use 30–42% less energy than the previous LCD series that used CCFL (Cold Cathode Fluorescent Lamps) for backlighting. As well, if you're looking to make the leap to a brand-new slimmer and lighter LED TV, you can justify your purchase with the fact that TVs with LED backlighting are mercury free, emit less heat, and are more energy efficient than their predecessors—and all current REGZA TVs contain recycled plastics from old TVs!

If it's a notebook you're after, it may interest you that Toshiba Consumer and Commercial notebooks from 2010 onwards are EPEAT (Electronic Product Environmental

Assessment Tool) Gold and Energy Star 5.0 certified, which means that they contain reduced levels of cadmium, lead, and mercury—and they're more energy efficient and easier to upgrade and recycle.

The Portégé R600 notebook from Toshiba has an LED backlit display, the latest CPUs, and the use of a solid state drive, which translates into low energy consumption and a longer battery life. As well, the factory in which the Portégé series is manufactured recovers and recycles waste generated during the manufacturing process.

So whether you're looking for a sleek new TV that's easier on the eyes (and your energy bill) or you'd like to pick up a notebook that goes longer between charges, it looks like Toshiba's lineup this year has what you're after. And it's better for the environment. So go ahead and spoil yourself.



Recycle Your Electronics for Free

The TERRE program does the legwork for you

When non-functioning electronics are simply thrown out, they are sent to landfills where toxic elements can seep into our ecosystem and can pose a significant risk to our health and the environment. But did you know that there's a program in Canada that allows you to recycle your old products with just a few keystrokes?

Toshiba's Environmental Recovery and Recycling Effort (TERRE) is a program that will pick up your non-functioning notebook computer, projector, LCD monitor, or Pocket PC (regardless of manufacturer) and ensure that it is disposed of in an environmentally respectful manner—at no cost to you.

The components of your electronics are separated to maximize their usefulness in their next application: Plastics are recycled into useful materials such as building foundation pads, agricultural containers, and plastic lumber; circuit boards are smelted; and metal portions are reprocessed into basic commodities such as copper, aluminum, and steel.

On a global level, Toshiba is targeting the collection and recycling of 146 million pounds (73,000 tons) of e-waste in 2010. For those products that can't be reused or recycled, Toshiba will facilitate safe and proper disposal.

Simply visit www.toshiba.ca/terre for more information and instructions on how to recycle your electronics easily and responsibly.



Leading innovation leads to a better world.

When it comes to building our award-winning products, we believe less is more.

So we minimize waste and use recycled materials wherever we can, while constantly looking for ways to reduce energy consumption. Our own recycling programs keep discarded technology from fouling the soil and atmosphere, as does our devotion to worldwide environmental initiatives. Plus, we check to see that the people who make the materials that go into our products follow earth-friendly practices just as we do so we can all enjoy the latest technologies amid a cleaner, more sustainable world.

Toshiba.ca/environment



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Waste is a concern for Loblaws and for our industry. We have more than one thousand stores that generate waste in many forms, including, up until recently, millions of plastic shopping bags, most of which wound up in landfill. In 2007, we pledged to divert one billion plastic bags from landfill by the end of 2009. But that's not all we are doing. The company

launched a comprehensive store-level waste diversion program with a goal of diverting 70% of waste from landfill.

A responsible approach to business is part of what we do everyday. We care about the impact of our operations and believe that Loblaws can make a difference in ways that are good for the environment and good for business.

We are committed to reducing our environmental impact by finding effective ways to divert waste from landfills. We aim to inspire and help our customers, suppliers and others to do the same.

Here are some of the targets we have been focusing on and our achievements.

GALEN G. WESTON
EXECUTIVE CHAIRMAN

waste diversion

Since 2007, we have been working towards our goal of diverting at least 70% of waste from our stores and distribution centres nationally from landfill.

1.3 billion
plastic bags diverted from landfill

Thanks to the tremendous response of our customers, who shared our concern for protecting the environment, we achieved our goal of diverting more than one billion plastic bags from landfill.

organic waste used to produce energy

In 2009, we established partnerships with two companies developing biogas facilities that will convert organic waste from select stores into a renewable energy source

energy from the sun

In 2009, we participated in the Ontario rooftop photovoltaic (PV) project following the provincial government introduction of the feed-in tariff (FIT) program to encourage green energy initiatives. The program offers stable prices under long-term contracts for energy generated from renewable sources, such as bio-energy, solar PV and wind.

In 2010, we will execute four rooftop photovoltaic projects in Ontario.

grown close to home™

As a proudly Canadian company, we are committed to supporting local Canadian farmers and economies and to bringing Canadians the exceptional flavours of produce picked at its peak.

sustainable sourcing

In 2009, we launched a comprehensive sustainable seafood initiative; committing to source 100% of seafood from sustainable sources by year end 2013. This commitment covers all canned, frozen, fresh, wild and farmed seafood products, in all categories, private label and national brands.

To help us live up to our commitment, we are partnering with WWF-Canada, MSC, marine scientists, conservation experts and fisheries.

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Metro Homes

Home buying

Today, Metro Homes focuses on first-time home buying. So, if you are looking to buy a home, or just thinking about it, this is the issue for you.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Not just the market to consider

Factors outside of current market conditions will likely help decide whether or not first-time homebuyers in Calgary will jump into the market, according to a senior market analyst for the Canada Mortgage and Housing Corporation.

Richard Cho of the CMHC said that Calgary's current real estate market is in balance, but he expects a moderation in the number of first-timers because of rising interest rates and new mortgage rules.

"The decisions they will be facing will be things like, they'll have to buy something less expensive — or postpone their purchase and use that time to save up for a larger down payment," he said.

Calgary has a wide variety of options to choose

from, including new high-rise condos in the downtown and beltline areas, along with condominium and semi-detached and starter home options in the suburban areas.

Cho said that first-time homebuyers will need to pay particular attention to these areas and their inherent lifestyle factors as they will influence the

"In terms of whether it's a good time to buy or not, it depends not just on financial position, but your personal situation as well"

Richard Cho
senior market analyst
Canada Mortgage
and Housing
Corporation

you might have to settle for something smaller, but if they wanted something bigger, like a house — you might have to look a little

price of getting into a new home in Calgary.

"In terms of whether it's a good time to buy or not, it depends not just on financial position, but your personal situation as well," said Cho.

"If you're looking for something downtown,



Calgary has a wide variety of housing types to choose from, like highrise condos or semi-detached houses. Thinking about your lifestyle and where you want to be in the city is just as important as paying attention to the current market conditions.

further to the outskirts where prices are a bit more modest as compared to the inner city."

Cho added that buyers

can look to either the new home or resale market for first-time homes and expect similar values.

Buyers can expect mod-

est price growth in Calgary for the foreseeable future on most home purchases in the city, Cho said.

METRO CALGARY

New multi-family and single-family developments

- Tairdrie — Courtyards of Kings Heights
- Cranston — Southeast Calgary — Carma — Mosaic of Cranston from the low to upper \$200,000s — Coming soon Origins at Cranston, featuring a variety of condos, townhomes and duplexes.
- Skyview Ranch — Northeast Calgary — Walton Developments
- Royal Oak (Condos) — Streetside Condos — Red Haus Apartment Condos — Currently have apartment-style condos for \$200,000
- Sage Hill — United Communities — Symons Valley NW Calgary. Showhomes open Mon. — Thurs. 2 to 8 p.m., Fri., Sat., Sun. and holidays: 12 to 5 p.m.
- Mahogany — Hopewell — Sabal Attached Homes from the low \$300,000s, with house sizes ranging from 1278 to 1575 sq. ft.
- London at Heritage Station condominiums — Westcorp Properties — 8880 Horton Rd. SW — Condos from the low \$200,000s, up to \$499,000.

METRO CALGARY

Lots to learn before you buy your first property

MAT LECOMPTE
for Metro Canada

If you're thinking about taking the plunge into home ownership, know this: it's probably going to cost more than you think.

There are a number of costs associated with home-ownership that many first-time buyers tend to overlook. It's more than just trading in rent for mortgage payments.

In addition to a down payment and monthly mortgage instalments; transfer taxes, carrying costs, closing costs, property taxes, utilities, lawyers, realtors and other miscellaneous expenses must all be accounted for.

It's easy to see how the cost of purchasing a home is more than the price tag. Toronto-based realtor Melanie Piche says she even tells clients to set aside a "maintenance



Team BREI, Brendan Powell and Melanie Piche, prides themselves on their "No BS, no fridge magnet" approach to real estate. Learn more about what they can do for you at getwhatyouwant.ca.

fund" to factor into their monthly mortgage payments.

Before jumping in to the market, it's a good idea to sit down with a professional. They can offer valuable insight about affording and operating a home.

"When I was buying my

first property," recalls realtor Brendan Powell, and realty brokerage partner with Piche. "I wish I had someone to walk me through it more."

According to both Powell and Piche, it's still a great climate for first time buyers. They say in the past

few months, this group has been responsible for about 50 per cent of their sales.

"First time buyers can save a lot of money that others simply can't," he says.

With government incentives like the Home Buyer's Plan, First Time Homebuy-

Mortgage brokers in demand

•The same things that are squeezing first-time homebuyers these days are creating a boom for mortgage brokers. Jim Murphy, president of the Canadian Association of Accredited Mortgage Profes-

sionals, says brokers are in demand from first-time homebuyers because of climbing interest rates and new rules that crack down on who qualifies for a mortgage.

THE CANADIAN PRESS

ers Tax Credit and Land Transfer tax refunds — plus the fact they don't have to worry about selling a home — people wanting to get their feet wet in real estate have an advantage over their counterparts who already own.

But just because the conditions are attractive, Powell and Piche says there are plenty of issues new buyers haven't considered. Plus, purchasing a home can be pretty intimidating. That's where realtors like them can help.

"People have a lot of good questions they're embarrassed to ask," explains

Piche. "But our job is to provide the information they need to know."

Title insurance, says Powell, is something condo buyers don't generally consider. After all, many building owners have taken out insurance on the building. However, explains Powell, that coverage does nothing to protect the private spaces between the hallways and the windows. It's up to the unit owner to insure the contents of the living space — and not just the jewellery and plasma screen. Everything in it — including appliances — should be covered.

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¹ Some conditions apply. The mortgage must be applied for between March 8, 2010 and June 30, 2010. Mortgage must be advanced by September 30, 2010. Mortgage and HELOC fixed rate portion renewals and new HELOC fixed rate portions must be signed and submitted to TD Canada Trust by June 30, 2010. Applies to residential properties only. See branch for details. TD Canada Trust reserves the right to cancel, extend or withdraw this offer at any time without notice. For new Green Mortgages or Green HELOCs, the rebate is based on the principal amount of the Green Mortgage or the fixed rate portion of the Green HELOC. For renewals taking advantage of this offer, the rebate is based on the outstanding balance renewed. ENERGY STAR qualified purchases must be made within six months after the term start date of the financing and receipts must be submitted to TD Canada Trust within the same period. Please note, if you receive an interest rate discount greater than 1% off the posted five-year fixed rate, you are not eligible for the rebate benefits of a Green Mortgage or Green HELOC. Only one rebate is allowed per household per property address every five years, regardless of whether the rebate was for a Green Mortgage or Green HELOC. Rebate may cover taxes on product purchases, but will not cover installation costs. Green Mortgage or Green HELOC is not available with any other offer or with other cashback mortgages. ² No tax receipt will be issued as this is a donation by TD Canada Trust. © Earth Day[®] is a trade-mark of Earth Day Canada (1991) Inc., used with the permission of Earth Day Canada (1991) Inc. © The ENERGY STAR mark is administered and promoted in Canada by Natural Resources Canada and is registered in Canada by the United States Environmental Protection Agency. * Trade-mark of The Toronto-Dominion Bank.

Time to decorate

JENNIFER BILL
for Metro Canada



Decorating your first home can be a daunting task. Especially with little left in the bank after this massive purchase.

Yet like an artist with a blank canvas before him, that new set of house keys gives you the freedom to make your new home your own, your very own palette to reflect your personality.

High design on a budget does not have to mean low quality. There are many stylish pieces to be had that will not stress the bank account — and subsequently a new marital relationship.

"What I have found with first-time homebuyers is they are looking for good value and good quality, without having to settle for the standard catalogue piece,"

That new set of house keys gives you the freedom to make your new home ... your very own palette to reflect your personality.

Homes in Style

said Leslie Tokayer, broker at Royal LePage Partners Realty.

"They're more savvy about where they spend their money and how they spend it, since they just spent a lot on their first home. They want to purchase pieces that can grow with them."

Gone are the days of student living, with stained carpets, movie posters and old-fashioned furniture hand-

me-downs.

"First-time homebuyers are no longer decorating with futons, or things you can put together with an Allen key," said Tokayer, who works

predominantly with first-time homebuyers. "They are no longer using their parents' old sofa. They are looking for modern and stylized pieces, art, unique pieces that will express their personality, that are functional and practical."

She says many of her clients this season are choosing dark hardwood on main floors, Berber carpeting up stairs, sectional sofas with chaise lounges and sunweave roller blinds — a contemporary theme with clean lines, compact minimalist pieces, and neutrals with an urban flair.



A classic style, yet modern with clean geometric lines make up the new spring Whisky Collection, made from 100 per cent eco-friendly birch veneer strips in rich tones of browns, reds and caramels in a matte finish. Pictured are the **Whisky Queen Bed** (\$1,249), Urban Barn, urbanbarn.ca.

Homebuyers can check out their happy reflections in the **Round, Encircled Mirror** with pieces of natural horn. West Elm, \$79, westelm.com.



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The **George Eclipse** is a simple and conservative first 12-piece dining set. Walmart, \$39.97, walmart.ca.



Bar stools, while traditionally used at high countertops, can be used as additional seating easily moved between rooms. The **Bamba Stool** is 100 per cent eco-friendly for the eco-conscious new home buyer. Available in counter or bar height in espresso or caramel finishes. Urban Barn, \$199, urbanbarn.ca.



The **Taupe Iron Cage** or **Traditional 60-inch floor lamps** in espresso finish add an inexpensive shine to a room and a stylish hue with its ivory bell shape. Walmart, \$34.98, walmart.ca.

First-Time Homebuyers

The return of decorative painting

Elaine Griffin is crazy about stripes — in small rooms and kids' rooms, powder rooms and halls.

She also likes glazes and metallics. Stencils, too.

Decorative and faux painting is back, although in a subtler style than the Dallas and Dynasty days of the 1970s. "We overdid it then," said Griffin, a New York decorator, designer and contributor to Better Homes and Gardens magazine.

Bonnie Roberts-Burke, a real estate agent, had 24 metres of stripes painted in her 100-year-old Washington town house. They start in the living room, go up the stairs and all the way down the hallway on the second floor. "It pulls it all together," she said.

The stripes — each 12 centimetres wide — are of the same creamy blush beige colour, but alternate between satin and flat finishes. "It just makes the most interesting patterns," she said. "It changes as the light in the house changes."

Roberts-Burke said it gives the house an elegant feel. Her husband, David Burke, finds it warm and calming.

The couple hired a professional to paint their stripes. Griffin said many homeowners try decorative and faux painting themselves; "civilian painters," she calls them. Paint and glazes can be used to create a marbled look, textured effect or a wood finish. With them, you can produce patterns that rival — or even surpass — what is available in wallpaper.

Faux painting simulates nature and makes a surface look like something else — "making a plain door look like cherry or a plain plaster column look like marble," says Tracy McGranaghan, a decorative painter with studios in Annapolis, Md.

"Decorative painting," she said, "is creating patterns and colour dimensionally on walls and surfaces."

It's not just walls that are being painted creatively. Furniture and cabinetry, even floors and ceilings, also are fair game. Meghan Carter, who runs the website Ask-theDecorator.com, said

painting the ceiling a colour other than white can produce a more intimate feeling, especially in rooms with "abnormally tall ceilings."

"Paint is a wonderful thing because it's instant gratification," McGranaghan said. "In a very short time, you can completely transform a space."

Faux finishes can add depth and dimension to a surface. "It's all about subtlety, not so much knock-you-in-the-head drama," she said.

It also makes the walls more durable, said Gary Lord, a decorative painter and teacher in Cincinnati. "It hides a multitude of sins and you can get it customized just for your own particular taste and colour."

That customization is key for people who choose faux and decorative painting.

Often the colour in wallpaper is just not right. Or the pattern is too big or too small. Or it repeats too often. Or maybe they're looking for a less expensive alternative to wallpaper.

For faux and decorative painting, the first step is putting on a base coat. Glazes, washes or patterns go on top of that.

There's a positive technique for applying glazes or washes: Apply the colour with a sponge, rag or other tool and leave it there. In the negative technique, you put the glaze or wash on the wall and then extract it, using a sponge or other tool.

Among the many types of faux finishes, according to Better Homes and Gardens:

Sponging: Dip a wet sea sponge into glaze and press it on the wall. The glaze also can be applied to the wall and then lifted in patterns using the sponge. It creates almost a marbled effect.

Ragging: Press a rag against a wall in which a glaze already has been applied, removing some of the paint. This will create a textured appearance.

Strie: Move a brush vertically over a wall to create a striped effect, either applying the glaze with the brush or removing some of it as you work.

THE ASSOCIATED PRESS



Painting stripes and patterns can be alternative to using wallpaper for dressing up a room.

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Plenty of ways to use your balconies

DecorMoment



metronews.ca/decomoment

For many of us, our balcony is the only outdoor space we have. Decoration, plants and furniture can all help to create a seasonal room and expand the inside space that we have lived with all winter.

Here's a rundown of great new products that will help to create a useful and attractive place to take sun or serve an alfresco dinner:

FURNITURE: The reality is that most balconies do not allow for regular sized outdoor lounge furniture.

I suggest buying a chair and ottoman so that you can achieve the lounge effect when they are placed together, and when separates, can act as seating for two.

Keep tables long and narrow in shape and dining chairs foldable so that they do not overcrowd the space.

One of the season's hottest small-space outdoor furniture pieces is the Aeisha three-piece dinette set from Home Outfitters (\$299).

It magically melts into itself when not in use.

DESIGNER IDEA: Choose the colour of the furniture's framing to match the balcony. If it is concrete then use pale aluminum or chrome furniture so that it blends in the environment.

COOKING OUTSIDE: It's best to check with your condo board or local municipality to find out what is suitable for the type of outdoor space you have.

Many buildings ban gas grills that are not hardwired from the balcony. In that case I suggest an electric grill.

Check out Dimplex for a good-looking, efficient plug-in electric grill that allows you to do some cooking outside (dimplex.com)



The Aeisha three-piece dinette set from Home Outfitters (\$299) is a great way to maximize the small space of a balcony.

plex.com)

DESIGNER IDEA: A portable electrical grill means you can hide it away in your locker during the winter months so you won't have to look at it.

OUTDOOR LIGHTING: If you have an outside electrical outlet on your balcony then you are in luck!

Outdoor lights can add complete romance to an outside space no matter

how small.

You can also consider an outdoor fountain which will help to drown out unwanted city noises.

DESIGNER IDEA: Use up lighting in the corners of the balcony; using them under plants will create dramatic shadows at night.

PLANTS: I am not an avid green thumb and tend to prefer a more structured landscape.

Consider artificial outdoor shrubs for a balcony — they are made to stay out year round and the good ones will never fade or wither away.

Check out Home Depot for some of the best in the city.

DESIGNER IDEA: Hang your planter boxes inside your balcony, not facing out. You will enjoy your plants and flowers more from the inside of the condo. Also, your everlasting shrubs will look fantastic filled with mini lights during the holiday season.

FLOORING: Laying cedar stripped flooring or putting outdoor carpeting down can be a great way to

all warmth and colour to your outdoor space.

Look for outdoor floor tiles made of a synthetic decking product.

It will be very durable and stay out year round.

DESIGNER NOTE: Never paint a raw concrete floor before asking permission of your landlord or condo directors.

Sealing concrete can actually do damage to the concrete as it stops it from breathing to release dampness.

LAST WORDS ON BALCONY ETIQUETTE: Shut down the party noise on your patio at a reasonable hour (10 p.m. during the week and 11 p.m. on weekends).

Remember that your balcony is common space to the outside of the building, so decorate it so it also reflects the taste of the building's exterior.

Use a proper container to dispose of cigarette butts if you have smokers that use your balcony.

Using your balcony as a storage shed is often illegal and will cheapen the look of the building.

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First-Time Homebuyers

Setting up a home can be hard

Prioritizing the tasks will help reduce the overwhelming list ahead of you

HomeScape

Sylvia Putz

metronews.ca/homescape



If you've just bought your first home, I bet you're learning that the process of setting up a home can be exciting, but also a little overwhelming.

But don't fret. Focus on looking after a few important logistical details first, and then you can enjoy deciding on décor and furniture and all the other delightful stuff.

Before you move in:

- Change or re-key your locks.
- Complete a change-of-address at the post office.
- Transfer or set up new utilities.
- Purchase home insurance.
- Set up automatic mortgage payments with your lending institution if you haven't done so already.
- Ensure you have window coverings in bathrooms and bedrooms at the very least, even if they are temporary.

In those first few weeks:

- Locate the main circuit breaker in the house and label each breaker.
- Locate and know how to operate the main and other water shutoffs in your house.
- Find out how to look after your furnace and any other appliances that need regular servicing.
- Make sure you have working smoke detectors.

• You should have easily accessible fire extinguishers on each floor of the home, preferably hung on the wall near the entrance to the kitchen and near the entrance to the garage.

• Set up an annual schedule of important servicing or maintenance duties at your new home, so they are not overlooked in the years to come.

• Also have an emergency exit plan in place and make sure all family members know exit plans.

• Purchase and install a carbon monoxide detector if you don't have one.

• Write down and keep important emergency numbers close to the phone.

• Put together a first aid kit for your new home.

• Find out which day of the week is garbage/recycling/compost pickup day. Also find out the rules in your area, and make sure you buy raccoon-proofing straps if you store your garbage outdoors.

• Cut plenty of extra keys for yourself, and your family. Give one or two to trusted friends, relatives or neighbours in case you or family members forget or lose a key.

• Check out the neighbourhood and find the nearest grocery store, drugstore, walk-in medical clinic, gas station, hardware store, post office, beer and liquor store, good restaurants, fast food, parks and recreational amenities, and so on.

• Introduce yourself to your new neighbours.

Things you may need sooner or later:

• Assemble or purchase a few basic tools, like hammers, assorted screw drivers and wrenches, a hacksaw, a small drill and drill bits and a tape measure. A stepladder and an outdoor ladder are handy. You may also want to buy assorted nails and screws,

sandpaper, paper yard waste bags, plastic garbage bags and any other house repair items you think you may need regularly.

• If you've got a lawn or garden, you may also want to purchase a few gardening tools, such as

assorted shovels, including a pointed-tip shovel suitable for digging, a rake, a hoe, trowels, a water hose and watering can, gardening or outdoor workgloves, a lawnmower, and an outdoor broom for sweeping off steps and porches. Depending on

how much gardening you do, a wheelbarrow can be handy as well.

A snow shovel and ice melter or salt will also be a necessity.

Sylvia Putz is a journalist with an interest in decor and design. She's written for TV show Arresting Design; sputz@arrestingdesign.com.

Going green means saving green.



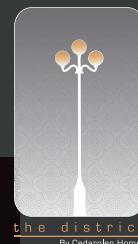
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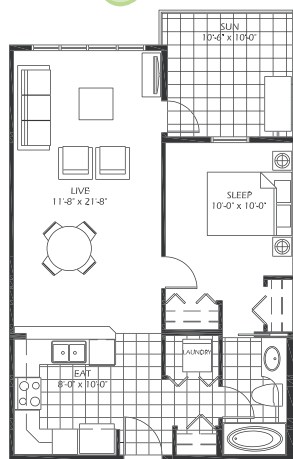


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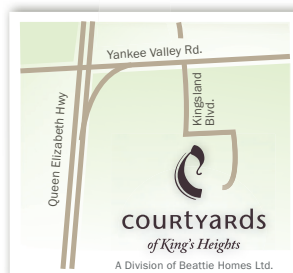
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More people use Internet to sell household items

Spring for many homeowners means confronting all the things that have filled up the closets, basement and garage over the past year.

As the late comedian George Carlin used to say, "Your house is a pile of stuff with a cover on it."

Getting rid of that stuff has always been tricky, especially if you hope to come away with some cash.

Today, because of the Internet and the recession, there are more options than ever for trying to sell used items.

To newspaper classified ads, garage sales and flea markets, add Facebook, Craig's List, eBay and other online trading sites.

To pawn shops and consignment shops, add an expanding array of resale stores that pay cash on the spot.

Laura Deaton Morarity, who was preparing to move recently to a new public relations job in Seattle, was a little stunned at

how much she had acquired in her Cincinnati-area home after living there just four years.

"It was just a ton of stuff. My husband and I just decided, 'We're selling everything' except our clothing, books and some keepsakes," she recalled.

But in the middle of a bad winter, how do you do that quickly?

Her solution: A virtual yard sale on Facebook. She posted a photo album on the social networking site and alerted her friends and family, who also got their Facebook friends involved in the buying.

In 24 hours, Morarity sold everything she listed: Couch, chair, dining room set, love seats, TV stand and more.

"It was really kind of shocking how fast it went," she said, adding that she priced to sell but came away with enough cash and savings on moving expenses for a head start on stocking a new home.

Tighter household budg-

ets mean that not only are more people buying used, but they also are holding on to things longer, increasing demand for good-quality resale items.

"We are attracting more and more customers that never went to resale before," said Renae Blonigen, brand director for the Plato's Closet chain, which buys and sells used youth clothing.

"We were doing well before the recession, and that has really exploded our business."

Minneapolis-based Winmark Corp. has been opening dozens of new resale stores, including Plato's Closet, and outlets that buy and sell used children's clothing, sporting goods and musical items.

Kate Finger, general manager of 15 Plato's and Once Upon a Child stores in the Cincinnati area, said sales at the suburban Colerain Township store jumped 24 per cent last year after a 32 per cent rise in 2008. **THE ASSOCIATED PRESS**

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Tetley makes tea commitment

Tetley recently announced its commitment to sourcing exclusively from Rainforest Alliance Certified tea farms. Canadians can now enjoy Tetley blend teas produced in a way that respects the environment and tea workers. **METRO NEWS SERVICES**

earth day: april 22 **37**

Go Green



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Between now and May 14, anyone who sets up a monthly automatic donation to TD Friends of the Environment Foundation, will be entered for a chance to win a 2010 smart car. Automatic monthly donations can be set up in-branch or at tdfef.com. **METRO NEWS SERVICES**

EDITOR: BEN.RYCROFT@METRONEWS.CA

Preparing for the end of cheap oil

Noted economist, Jeff Rubin, predicting major economic changes on their way

BEN KNIGHT
for Metro Canada

Jeff Rubin is a prominent economist with a sharp eye for oil prices. When the former chief economist at CIBC World Markets thinks ahead to 2012, he sees big changes.

"Forget the avocado salad in February in a world of \$200 a barrel oil," he warns.

Rubin — who'll be taking part in a high-profile business forum at this weekend's Green Living Show in Toronto — is the author of *Why Your World is About to Get a Whole Lot Smaller*, an intriguing look at life in a world of declining oil supply.

"I believe in the power of prices," Rubin says. "I believe that triple-digit oil prices are going to change the way we live, and change the way our economy is structured. And while undoubtedly we'll be making a lot of sacrifices from our very oil- and energy-dependent former lifestyle, we just might find that there's more than a few silver linings in these changes."

Two hundred dollars a barrel oil will mean \$7 a gallon for gasoline. Rubin predicts our lives will become more localized, with sharp reductions on international air travel.

"These flight disruptions being caused now by the volcano in Iceland — this is exactly the way it's going to be when oil is \$200 a barrel," he notes.

"There aren't going to be as many people flying — or airlines. Flying is going to go back to what it was in the 1960s and '70s: A pretty expensive thing that you only do for pretty special occasions. So, instead of going to Machu Picchu or



Jeff Rubin, former chief economist at CIBC, sees changes coming to way we import food.

the Serengeti, we'll be going to Algonquin Park."

Rubin also foresees huge changes in what Canadians import — and from where.

"We're going to eventually go back to diets far more similar to our parents'," he says. "When I was a kid growing up in Toronto, if you wanted blueberries and raspberries in January, you went to the canned goods section."

We're not necessarily going to do this to save the planet, but simply because with the transport costs associated with moving and refrigerating food around the world, we're not going to be eating lamb chops from New Zealand."

The good news? Canada's manufacturing and agricultural sectors should rebound handsomely as imported goods become prohibitively expensive. And the Canadian dollar should strengthen, as well.

"Whether we want it or not, the Canadian dollar

has become a petro currency. And the more that the tar sands becomes tomorrow's Saudi Arabia for U.S. oil consumers, the more we're going to be a petro currency. That's going to take the Canadian dollar to places she's never been. If oil goes to \$200 a barrel, and we start pulling 4-million barrels of oil a day out of the tar sands, the Canadian dollar is going to be at a 20 percent premium against the U.S. currency."

So even though prices will be driven up, the stronger Loonie should offer a hedge against inflation.

"It will help," he says.

"It will reduce the price of imports, but I suspect we won't be importing that much."

Rubin remains optimistic, despite the magnitude of the changes he's predicting.

"We're going to be home a lot more. We're going to become more aware of our own local environment. I'm not going to pretend that we're not going to have to make sacrifices, but I'm just saying that it doesn't have to be 2012: Apocalypse Now."

Green Living



• Jeff Rubin, Van Jones, Clara Hughes and John Bell will be among the keynote speakers at this weekend's Green Living Show — hosted at the Direct Energy Centre in Toronto.

• Anthony "Van" Jones is an American environmental advocate, civil rights activist and attorney. In March 2009 Jones was appointed by President Barack Obama to the newly-created position of Special Advisor for Green Jobs, Enterprise and Innovation at the White House Council on Environmental Quality

The world is getting smaller

Going Green in brief

BOATING When choosing cleaning products for your boat this summer, look for the EcoLogo label which is a registered mark of Environment Canada. These

products have been assessed for their environmental impacts across their entire life cycle and are considered to be the "best in class". For more information about EcoLogoM

visit the ecologo.org.

PREVENTION Use or install a device to prevent overboard discharges from your boat tank vent.

METRO NEWS SERVICES

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Coca-Cola Canada Beverages Go Green

Plants make bottles more environmentally friendly

You've likely heard about the controversy surrounding BPA-infused plastics in the packaging of our beverages.

Indeed, in recent years, companies have moved away from the use of bisphenol A, in response to health concerns, in favour of more health-friendly PET (polyethylene terephthalate) containers. But did you know that Coca-Cola has created a more environmentally sound and sustainable source of recyclable bottles?

According to Statistics Canada, the average Canadian generates about 675 kg of waste annually. Now, we've read lately that beverage bottles contribute to a large amount of waste but, interestingly enough, only 0.2 kg of our average annual waste is com-

prised of PET bottles (less than 0.03%). And when a PET bottle is recycled, it saves 0.55 kilowatts of electricity and 53 grams of carbon; recycling one kilogram of PET saves 55,000 BTUs of energy or the equivalent of 1.6 litres of gasoline.

Sounds good, right? Well, it gets better.

Coca-Cola Canada has developed a new technology that makes plastic beverage bottles more sustainable than ever.

Using plant-based material to replace a portion of the petroleum used in PET plastic allows the Coca-Cola Company to reduce the use of non-renewable resources.

PlantBottle™ packaging is a PET plastic package made with up to 30% of its material derived from plant material (non-food, plant-based

waste) without any difference in shelf life, weight, appearance, or functionality compared with traditional PET plastic bottles.

"While the PlantBottle introduction and market launch put The Coca-Cola Company on the forefront of bio-based packaging innovation, we are continuing to strive to make an even better bottle," said Scott Vitters, Director of Sustainable Packaging, The Coca-Cola Company. "Our vision is to continue to innovate until we have a bottle that is made with 100 percent plant-waste material while remaining completely recyclable."

The PlantBottle was featured as the primary beverage product package throughout the Vancouver 2010 Olympic Winter Games, joining other select markets in the initial global launch of this partially plant-based PET plastic. Ultimately, the Company's goal is to use other types of plant-based waste, such as wood chips or wheat stalks, to produce recyclable PET plastic bottles.

Look for the PlantBottle identification on your Coca-Cola beverage packaging and in-store point-of-sale displays at your local supermarket or, for more information, visit www.TheCoca-ColaCompany.com/citizenship.



metro

metronews.ca

Thursday, April 22, 2010

38 earth day: april 22

Go Green

New York buzzing

Urban beekeeping experiencing renaissance

ELISABETH BRAW
Metro World News

Guillermo Fernandez's garden is ready, the hive set up. Now the New York marketing executive is just waiting for the arrival of 50,000 bees.

"It's so soothing to see the connection between bees and flowers", explains Fernandez. "And I wanted to do something for the bees. So much of our food depends on pollination, but one quarter of US bees have died."

Fernandez joins a growing number of New Yorkers who are becoming hobby beekeepers since the practice became legal in April.

His colony of 50,000 honeybees arrives on May 8.

Other large cities, too, are bustling with the sound of bees.

"Beekeeping is going through a renaissance," notes Norman Carreck, Scientific Director of the International Bee Research Association. "People realize that without bees, we'd be without most of the interesting things we eat. And they've learned that



Urban beekeepers in New York became legal in April.

it's perfectly possible to keep bees in urban environments, including balconies and rooftops."

Cities may, in fact, be the best place to revive the bee population, which has been decimated during the past decade.

According to Carreck, urban bees to well because

cities have plenty of parks with plants, while rural environments can be like deserts to bees.

"It's soothing to be with bees because they're so selfless," explains Fernandez. "It's the female bees who do all the work. All beekeepers refer to their bees as their girls."

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Catrrall dons cancer T-shirt

Actress Kim Catrrall will be donning the famous target T-shirt as the face of the annual Fashion Targets Breast Cancer campaign. This year's Joe Fresh Style Fashion Targets Breast Cancer T-shirt will be sold at Loblaw's store throughout Canada in May. **METRO NEWS SERVICES**

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Style



Earth-friendly shoes

Even when the heels are worn down and there are holes in the soles, it just doesn't feel right to throw away something as substantial as a shoe. Now you don't have to. Timberland has come out with a boat shoe for men that can be taken apart for recycling when you're done wearing them. The soles are made from 42 per cent recycled tires and the linings come from recycled bottles and organic cotton. Earthkeepers2.0 boat shoe sells for \$120 and are available at Town Shoes. **TORSTAR NEWS SERVICE**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Fashion embraces older models

Runways reflect the hunt for newness and newsworthiness

Among the more avant-garde looks shown on the runways of New York, London, Paris and Milan was one that seems ho-hum in real life: grey hair.

More mature models — some even in their, gasp, 40s — were stars at the previews of fall styles. And in the fashion world, that's a radical turn from the use of models not old enough to drive a car, let alone wield a credit card.

"I wanted something different," said Francisco Costa, creative director for the Calvin Klein Collection. "I wanted a cast that really represented a customer I design for, and that's not really a 16-year-old."

Costa hired grey-haired Kristen McMenamy, who also

appeared at Viktor & Rolf, as well as '90s sensations — and now mothers — Stella Tennant and Kirsty Hume.

Marc Jacobs, widely considered the most influential American designer, cast 47-year-old Elle Macpherson in his Louis Vuitton show, along with Bar Refaeli and Alessandra Ambrosio. Trendsetting Miuccia Prada used Ambrosio, Isabella Fontana, Doutzen Kroes and Miranda Kerr — all best known as voluptuous Victoria's Secret

models and all in their mid-20s, a relatively advanced age for runway models.

It's a smart move by the fashion industry to make itself more relatable to consumers. Costa acknowledges that the tough retail climate has helped force design houses to speak more directly to their customers.

It also may help counter perennial complaints about skinny models. It's said that age brings wisdom; it also usually brings curves.

The more mature look was on trend with the chic, retro styles shown for fall, so helping models' health may be icing on the maybe-not-entirely-fat-free cake.

with compassion," says Fish, who helped the Council of Fashion Designers of America launch its health initiative back in 2007. "But I think the compassion came first, and then the fashion suited these bodies. I loved seeing these bodies in Prada. We're always looking for trends at Prada, and seeing Victoria's Secret girls on the Prada runway woke up a lot of people about what a women should look like."

Older models have had far more success in print, where 41-year-old Christy Turlington and 39-year-old Claudia Schiffer, for example, still star in top-tier campaigns. But while ads have always been specifically crafted to sell something, the runway had been about fantasy.

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"The woman who puts my clothes on needs a certain level of sophistication," says Costa. "We wanted to acknowledge women who have always worn our clothes, women with their own identities, have full lives, have kids."

Still, Nian Fish, creative director at fashion-show powerhouse producer KCD, says designers, stylists, casting agents and modelling agents all collectively heeded the call to put forth a healthier image.

"This is fashion coupled

The Calvin Klein fall 2010 collection modeled during Fashion Week in New York. The more mature look was on-trend with the chic, retro styles shown at the fall fashion shows this year. Left: A fall 2010 creation by designer Marc Jacobs for Louis Vuitton.



FRANCOIS MORIT/THE ASSOCIATED PRESS



DANIE RONAROFF/THE ASSOCIATED PRESS

Hit the mall with your extra cash

DENISE SURETTE
for Metro Canada**RefundFun**

Tax season is coming to a close and you may have your refund money burning a hole in your pocket.

No matter how big or small your refund may have been, the mall is usually the first destination to spend that extra cash.

If a new wardrobe or a few key pieces are what you're looking for this spring, here are a few style ideas to keep you trendy this spring.

**\$50**

Dressing up your best friend in a fine leather collar will make your dog feel like the cat's meow. For \$50, you can accessorize your pet with a rugged collar with metallic bone details, available in a number of sizes from Bark and Fitz. For a little less money you can find embellished collars in a variety of colours and patterns.

**\$125**

A sexy pair of Jessica Simpson pumps from Town Shoes is a perfect way to update your favourite outfits. "Peep toe platforms are great on sky high heels because your foot is raised and not on an angle," says Crissi Giamos spokesperson for Town Shoes. "This shoe is perfect with a pencil skirt."

**\$350**

Investing in a quality leather jacket is a great way to put your refund money to good use. Danier's men's black leather bomber jacket can carry you through from fall to spring in style. "It will instantly update your wardrobe with this season's hottest trend, leather," says Jennifer Steckel Elliot, VP of marketing for Danier.

\$1,000

If you want to go all out and treat yourself to the ultimate spring accessory, stop by Holt Renfrew and pick up a Michael Kors marine-blue leather tote for \$1,000. With gold tone hardware, a hanging logo plate, tassels and a cinched knotted top, this tote is luxury in a handbag.



Leonard Nimoy is ready to beam into retirement. The 79-year-old actor, best known for his iconic performance as Spock on the original Star Trek, told the Toronto Sun he plans to retire from acting after his final appearance on Fringe later this season. [TVGUIDE.COM](#)

Nimoy ready to retire

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

Celebs to wed

Carrie Underwood and Mike Fisher have set a wedding date. Sadly, though, it's "not one that we're openly talking about," she said on The Ellen DeGeneres Show yesterday. [USMAGAZINE.COM](#)

★★★★★ A CLASSIC; ★★★★★ EXCELLENT; ★★★★ GOOD; ★★★ FAIR; ★★ POOR

Nikki is a star on the rise

Caribou

Album: Swim
Label: Merge Records
Rating: ★★★★★

CARIBOU IS THE current alias for a Dundas, Ont., musician by the name of Dan Snaith. He's now living in London, England, where he obtained a doctorate in mathematics while building a cult-like following for his laptop musical pastiches of electronic psychedelia. A couple of years ago, he ventured into making music (mostly) with real instruments and band members. The charming alt-rock result was called Andorra and won him the 2008 Polaris Music Prize for best Canadian album of the year. His new release, Swim, merges the old electronica with new alt-rock. The wonderful effects are held together by an innate sense of rhythm that only a math master can have and Snaith's secret love for funk. Give it a chance. It's more accessible than you may think.

Graham Rockingham/for Metro Canada

Nikki Yanofsky

Album: Nikki
Label: Universal
Rating: ★★★★★

WHILE THE VANCOUVER Olympic anthem I Believe helped propel Montreal's Nikki Yanofsky into

the spotlight, the song did a disservice to the up-and-coming singer. That bland, Celine Dion-ish track did nothing to show off Yanofsky's incredible range, fluid voice and jazz tendencies. Her debut is a solid collection of jazz covers and laid-back tunes. George and Ira Gershwin's I Got Rhythm, with its hyperactive scatting, is perfect for Yanofsky's big voice; she's not as strong on the slower tracks, such as Grey Skies, but there's no question she's Canada's next big singer.

Bryan Borzykowski/for Metro Canada

Taylor Hawkins

Album: Red Light Fever
Label: Sony Music
Rating: ★★★★★

DAVE GROHL MAY have the best sense of humour in the Foo Fighters, but drummer Taylor Hawkins isn't far behind. He named his band the Coattail Riders and on the first track of his new disc he hilariously adds a high-pitched Queen-like harmony to this riff filled hard rock track (with help from Queen's Brian May). The album is what you'd expect — loud guitars, catchy melodies, a mix of rock and pop. Unfortunately, beyond a few funny moments, there's nothing great about the record. It's all fairly even keel rock. It's not a bad side project, but he's lucky he has a secure day job.

Bryan Borzykowski/for Metro Canada

The Cheap Speakers

Album: The Cheap Speakers
Label: Independent
Rating: ★★★★★

WHILE THE CHEAP Speakers are spirited, sincerity unnervingly combats with overreaching on this six-song debut. Pulling from



AlbumReviews

music@metronews.ca

She isn't used enough, however, resulting in a few great moments swallowed up by dudes striving too hard. As Ned Flanders sagely hollered, "A man can't live in good intentions." Well, nor can he listen to them.

Keith Carman/for Metro Canada

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Plants & Animals

Album: La La Land
Label: Secret City/EMI
Rating: ★★★★★

I'VE HAD TROUBLE understanding the allure of Plants and Animals. The Polaris-nominated Parc Avenue was too indulgent for



Nikki Yanofsky's debut album is a solid collection of jazz covers and laid-back tunes.

me and I couldn't get past some of their Radiohead-ish instrumentation. Fortunately, the new disc is better, though the band still needs to work on a few things. It's louder, they employ the electric guitar more and their best tracks are here. The Mama Papa, for one, is a fantastic rock song that's crisp, short and made for radio. Tom Cruise on the other hand is too brooding, sluggish and at nearly five minutes, it gets a bit repetitive. It's a good followup, but this band still has plenty of room to grow.

Bryan Borzykowski/for Metro Canada

Roky Erickson With Okkervil River

Album: True Love Cast Out All Evil
Label: Anti-
Rating: ★★★★★

THIS COLLABORATION BETWEEN two sets of Texans may seem unlikely, but there's

strong chemistry here between 13th Floor Elevators' Roky Erickson and indie favourites Okkervil River. Some of the songs are nearly 40 years old, and Will Sheff arranges each one to suit the burnt out psych rocker's rusted, weary voice. Ranging from country twang to garage to sprawling orch pop, Okkervil River adjust their sound to match his personal tragedies. The source material is enough to warrant a listen (shock treatment, mental illness and imprisonment), but this partnership has the legs to blossom into more than just a one-off.

Cam Lindsay/for Metro Canada



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Cancer Bats cover Beastie Boys classic

BRIAN TOWIE
Metro Canada

They've got three successful Canadian albums, Juno and Kerrang! award nomination, but what Cancer Bats really needed was an iconic hit everybody knew.

The Toronto metalhead quartet, famous for their terror inducing name and frontman Liam Cormier's

screaching vocals, decided to roll the dice by covering the Beastie Boys' classic track Sabotage on their album Bears, Mayors, Scraps & Bones, which dropped earlier this week.

A risky proposition for a band that, while successful domestically, has yet to really blow up on the world stage: Cormier said the band didn't realize they were treading on

such hallowed ground until they did it.

"Well, we came upon it a lot more innocently than people might think," he said. "We just started playing it at live shows. It was a really ballsy cover to take on. I realize that more in hindsight. We we're looking for a cover to add to our set, kickstart the party and do something recognizable for people who haven't

seen us a whole bunch."

It's gone over so far if the critics are any indication — saying that the cover did the track justice with its adrenaline-filled intensity. Indeed the rest of Bears, Mayors, Scraps & Bones has been called the Bats' best album to date and the one truest to their in-your-face live shows.

"We wanted to learn from every single mistake



Bears, Mayors, Scraps & Bones is the new album from Cancer Bats.

we had made from previous records and just crush this thing," Cormier said. "From day one, we were

more rehearsed and ready well in advance. And we're super-stoked about what we've done."

Oz prequel on the way?

It could happen, according to the LA Times, which is reporting that Disney has put a Wizard of Oz prequel on "a fast track of sorts" with Robert Downey Jr. in talks to star as the wizard, and Sam Mendes on the short list to direct. **EW.COM**

Message lost in sea of beauty

Oceans

Directors: Jacques Perrin, Jacques Cluzaud
Stars: Pierce Brosnan (narrator)
Classification: G
Rating: ●●●●

PHIL BROWN
for Metro Canada



Following the success of the last year's *Earth*, Disney's new documentary label has produced another mammoth non-fiction effort entitled *Oceans* (no points for guessing what it's about).

Shot over four years with new underwater filmmaking technology created specifically for the project, *Oceans* is an undeniably impressive technical achievement.

Stunning footage of sea life that was never possible to capture before will certainly thrill audiences even if the movie never amounts to more than an

impressive showreel for new technology.

Fortunately, it's difficult to be bothered by that too much when watching all of the extraordinary footage projected on a giant screen.

With its Earth Day release date, the film obviously offers some well-timed environmental messages about the pressing need to take better care of our environment.

Disturbing satellite footage highlighting a black polluted runoff pouring into the oceans will disgust many viewers, while Pierce Brosnan's soothing British voice spells out the dangers of these issues in no uncertain terms.

However, the film doesn't really offer any compelling argument to justify all of the political finger wagging and heart string-pulling footage of adorable animals.

The movie is merely a collection of the most im-



Oceans showcases some of the most stunning footage captured underwater.

pressive images a massive crew of underwater filmmakers could capture with a near limitless bud-

et and production schedule. The result may boast a significant "wow" factor, but it's a shame that no one bothered to come up with a concise theme or structure to give it all a clear meaning.

There is a nice message about nature conservation and the majesty of the great blue yonder to be found in *Oceans*.

It's just difficult to determine what specific arguments the filmmakers want to impart on the viewers.

The movie is aimed at children and they shouldn't mind quite so much about the questionable substance.

All they'll care about are the pretty blue images of ocean life that the filmmakers deliver for 85 minutes.

An unfocused documentary, but also an undeniably beautiful one.

A climate warning for military

BOOK It is a military truism that an army ought to stand its ground. But what if the ground it's standing on is melting, becoming prone to floods, or is outright disappearing?

Climate change is turning conventional military wisdom on its head, something Canada has been at pains to grasp, according to Cleo Paskal, author of *Global Warring: How Environmental, Economic, and Political Crises Will Redraw the World Map*.

The book, which came out earlier this year, has created a storm, no pun intended, in policy circles. It has found its way onto reading lists at the U.S. Army War College, and the Montreal-based author is now being tapped as a consultant for the U.S. Department of Energy.

Paskal has produced a compellingly simple thesis: countries need to rethink their approach to geopolitics because their borders are physically changing.

Canada, however, has failed to respond to the call, says Paskal. Given the face of the Arctic could be altered dramatically in the coming years, the debate is hardly abstract.

"The discussions about the degree of change and what it's going to mean for that region — socially, economically, culturally, politically — is not happening," Paskal said.

THE CANADIAN PRESS

Thursday screentimes for *Oceans*

- **Crowfoot Crossing:** No Passes 12:30-2:45-5:7-30-9:45
- **Empire Studio 16 Country Hills:** 2:30-4:45-7-9:15
- **Empire Studio 10 McLeod Trail:** 11:45-2-4:15-6:45-9
- **Scotiabank Chinook:** No Passes 12-2:20-4:40-7-9:25
- **Sunridge Spectrum:** Thu 12-2:30-5:7-20-9:50



Manufactured Landscapes, above, and *An Inconvenient Truth* are two good examples of the growing trend of eco-docs.

Going green at a theatre near you

ADAM NAYMAN
for Metro Canada



Every holiday has its canonical film, *White Christmas* to *Halloween*.

But Earth Day may be the only red-letter date on the calendar whose cinematic standard is a documentary: Davis Guggenheim's 2006 Oscar winner *An Inconvenient Truth*.

Whatever one's feelings may be about Guggenheim's Powerpoint-style aesthetics, his film's massive box-office success instigated a boom period for the production and distribution of environmentally themed documentaries.

"The scene has exploded," says Kathleen Murphy, the director of programming for the Toronto-based Planet in Focus Film Festival, which takes an

annual survey of ecologically-minded non-fiction films (this year's edition runs Oct 13-17).

"People have always tried to make movies about these issues, but there is more interest now, and so there is also more money, and more exposure through festivals, and a bigger audience."

The audience has grown to the point where Planet in Focus has expanded to include year-long initiatives: later this month, their Mixed Greens screening series will show Tadashi Orui's new documentary *The Scars of Mercury*, which analyzes the fallout of chemical dumping on an First Nations community in Dryden, Ont. (the film screens on Friday, April 30 at 6:30 p.m. at the Gardiner Museum).

Made in Canada

Here are two documentaries with a Canadian twist. Now all you need is a solar-powered DVD player to watch them on.

• **Manufactured Landscapes:** Canadian master Jennifer Baichwal's profile of photographer Edward Burtynsky features chilling, otherworldly footage of China's ruinous Three Gorges Dam project.

• **Petropolis:** This short piece by Peter Mettler is comprised solely of abstract shots of Alberta's tar sands, images which resonates with a strange beauty

Lina Cino, a campaigner for the Toronto Environmental Alliance — a grassroots organization focused on changes within the urban sphere — is a fan of

many of the recent eco-docs, but says that their effect on audiences isn't necessarily galvanizing.

"With some of these films, there is a risk that people will be overwhelmed by the size of the issues being discussed," she says. "It can be paralyzing. But it's also important, and fantastic, that these films raise awareness of what's going on."

She cites Min Sook Lee's recent TIFF selection *My Toxic Baby*, which cast a skeptical eye on the chemical makeup of many childcare products, as an example of a documentary that understands how to get through to its audiences.

"One way to get people to change their behaviour," says Cino, "is to make it clear what the consequences may be for their children."

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No jail for Oasis attacker

A man who attacked Oasis guitarist Noel Gallagher on a Toronto concert stage was sentenced to 12 months house arrest yesterday after a judge rejected the Crown's plea to send Daniel Sullivan to jail.

Judge Richard Schneider called Sullivan's attack on Gallagher "a serious matter" and "bizarre behaviour," but said he was confident the sentence could be safely served in the community rather than a jail cell.

Sullivan ran on stage and pushed Gallagher from behind during the Virgin Music Festival in September 2008. The attack was videotaped by audience members and posted on YouTube, where it was widely viewed around the world.

The attack on Gallagher was "totally out of character," said Schneider, as he described Sullivan as a hard-working, reliable family man who had



Daniel Sullivan pleaded guilty to assault causing bodily harm.

shown remorse for his actions.

"I offer a sincere apology to my victim and his family," Sullivan, 48, told the court after sentencing.

Court was told Sullivan's family had received threats from Oasis fans and were constantly

hounded by reporters. The stress was so great, his wife took their three children and left him.

The Pickering, Ont., contractor said he was drunk at the time of the attack, which broke three of Gallagher's ribs and forced Oasis to cancel concerts in

"Sullivan ran on stage and pushed Gallagher from behind."

Paris and New York, prompting a \$2-million civil suit against Sullivan which is still before the courts.

Sullivan refused to speak with reporters after sentencing because of the civil suit, but defence lawyer John Collins said the non-custodial sentence was appropriate for a first-time offender.

"This was a thoughtful sentence from an experienced jurist, one that was neither too harsh nor too lenient," Collins said outside court.

However, Crown prosecutor Ruth Kleinhenz-Neilson said Sullivan caused "serious bodily harm" and his behaviour on the Oasis stage didn't look like the normal showing off of a drunk. **THE CANADIAN PRESS**

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Kal Penn robbed

As TMZ first reported, actor Kal Penn was robbed at gunpoint in Washington, D.C., early Tuesday morning, his rep confirmed. The 32-year-old has been working in the capital for the Obama administration. **EW.COM**



Cameron's eco Avatar

King of global box office wants to save the world

KUMAR SAHA
Metro Canada

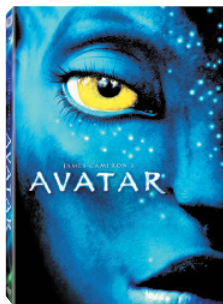


For James Cameron, green is the new blue.

The Canadian-born filmmaker stumbled upon his own Pandora — the edenic fantasy world of his megafilm *Avatar* populated by indigo-tinged aliens who battle humans to save their habitat — during a press tour of Brazil last month. And not unlike *Avatar* hero Jake Sully, Cameron joined the country's Amazonian tribes in their protest against plans to build a dam that could displace thousands of indigenous people.

"It was life changing. By a long series of events finding myself in what is like a real-life *Avatar*-like drama, it was pretty amazing," Cameron tells Metro over the phone from Los Angeles.

The Hollywood powerhouse is currently in full eco-activist mode. The *Avatar* website now hosts plenty of information about environmental issues and Cameron's company will sponsor the planting of a million trees around the world. Fans of the film are being urged to help out in the green drive when they buy the DVD or Blue-ray, which go on sale today to coincide with Earth Day.



Avatar is out on DVD and Blue-ray today

Cameron, a native of Kapuskasing, Ont., is also throwing his weight behind opposition to the controversial Athabasca oil-sands project in Alberta and is openly critical of the Canadian government for not doing enough for renewable energy. He will be attending the UN Permanent Forum on Indigenous Issues in New York this Saturday where he intends to learn more about the issue.

Despite the newfound environmentalism, Cameron remains a director at heart. He has already filmed his visits to Brazil and wants to return to the country's tribal areas to "shoot more stuff, maybe even in 3-D."

"(It will be) less about protesting the dam and more about chronicling their culture and their concerns, the way the civilized world is encroaching on



Avatar director James Cameron has turned to environmental activism ever since his visit to Brazil.

them ... roll that into a documentary which may have its own life separate from the DVD release and/or we may have some cut-piece that goes into the

special edition DVD in November," the 56-year-old director says.

Cameron also admits that his recent experiences will probably end up influ-

encing the *Avatar* sequel, for which he has already chalked up a rough story. But as far as Cameron's approach to filmmaking goes, there's one thing that won't change — the emotional heft that underpins all his movies.

Cameron attributes the success of his films to his ability to make the audience relate to his characters and storylines. He insists that *Avatar* became the top-grossing film of all time because it was "firing on all eight cylinders" and not just 3-D effects.

"My films have been criticized sometimes for being simplistic. I think they operate on multiple levels. I think the surface level is very clear, so the audience is always well grounded in ... what they are supposed to be feeling. As a filmmaker, I am not afraid to go for an emotional response. I think some filmmakers are. They need to be cool. I'm not afraid to be uncool," Cameron says.

Avatar: DVD and beyond

- There are no bonus features in the DVD and Blue-ray versions being released today. James Cameron says: "It takes time to generate good supplemental material. We didn't want to crash together a bunch of bogus stuff." There will be no trailers either as Cameron wanted to use every bit of disc space to preserve the film's picture quality.

- Cameron's currently working on extra footage that was left out of the film's original cut. Cameron says: "We're taking a number of scenes and finishing them up to the level of the rest of the film. It takes time and it takes literally millions of dollars." The extended cut will be re-released in theatres in August.

- There are no plans for a 3-D DVD release yet. Cameron says there isn't enough of the technology to go around to make it a viable option.

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The lighter side of killing yourself

TV SHOW Eric Schaeffer likes to talk about, and dramatize, issues other people hold in isolated silence.

Such as eating disorders. That's a topic he served up brilliantly on his sitcom series *Starved*. But for whatever reason, viewers didn't treat themselves to *Starved* during its brief run on FX five years ago.

Now Schaeffer has an even less appetizing idea for a series: suicide, and people who have given it a try.

Gravity, his offbeat new dramedy, focuses on a support group for otherwise diverse New Yorkers whose

common bond is their failed attempts to end it all — and their shared urgency to try again.

The cast includes Ving Rhames as the support group's leader, a burly ex-Major Leaguer whose bungled attempt has left him in a wheelchair. Rachel Hunter plays an over-the-hill supermodel who attempted suicide after her agent proposed that she appear on a *Where Are They Now?* special. As Lily, Krysten Ritter is a sexy lost soul who flat-lined after scarfing down a hunk of chocolate cake she spiked with crumbled codeine tablets.

And Schaeffer plays a

cop who investigates Lily's suicide attempt, then, in the guise of his continuing investigation ("suicide is a crime," he informs her), indulges in what seems like obsessive vigilance.

Gravity, which premieres Friday at 10:30 p.m. ET on Movie Central and The Movie Network in Canada, is funnier than it sounds. It is also cringingly twisted at times and occasionally very sad.

And it will prove readily relatable to viewers, whether they might think so or not — or so Schaeffer insists.

"We all know that we're lots of things, all the time,

and that's what makes us human," he declares. "But for some reason, in our movies and our TV shows and when we're talking to each other, we're not allowed to say that."

To do so, he goes on, would mean "accessing conflicting beliefs in our own personality."

Schaeffer seems to work overtime accessing conflicting beliefs in personalities — especially his own. In *Starved*, he drew upon a real-life paradox: the eating disorder that continues to plague him today, despite his yoga-toned, 5-foot-8-inch, 165-pound frame. He says he fantasizes about



Gravity stars Krysten Ritter and Ivan Sergei.

dropping 15 pounds. If only.

"It's OK in daylight hours," he says one recent morning between healthy bites of a grapefruit in a diner near his Upper West Side apartment. "The problem is: Do I eat cake and ice cream, and how MUCH

of it will I eat, and how often, late at night, alone, on my couch? That continues."

Fortunately, suicide isn't such a pressing matter for him. "But I have an ability to slide into a dark side," he allows.

THE ASSOCIATED PRESS

TV drama *Rescue Me* will return for its penultimate sixth season on June 29, followed by the series premiere of the comedy, *Louie*, FX announced yesterday. **TVGUIDE.COM**

Kate gets the boot from Dancing

Judges show no mercy, comparing Gosselin's moves to coat hanger

Reality TV mom Kate Gosselin has one fewer jobs to juggle.

The author and reality star was eliminated Tuesday from *Dancing With*

the Stars, leaving seven couples in the competition.

Gosselin failed to ignite the ballroom, landing near the bottom of the judges'

leaderboard during five weeks of dancing.

She and professional partner Tony Dovolani came into Tuesday's results show with the week's

lowest score: 15 points out of 30 for a lacklustre foxtrot.

"I think Tony could have had more life out of a frock on a coat hanger," judge Bruno Tonioli said Monday.

Judges' scores are combined with viewer votes to determine which celebrity is eliminated each week.

Dovolani praised his partner as she dabbed her eyes with a tissue after learning their fate.

"I give her all the credit for showing up, as exhausted as she was, she still showed up every day," he said.

"You showed America that it doesn't matter how much things go against you, you still come out here and give it your best."

Gosselin, a 35-year-old mother of twins and sextuplets, starred for several



Kate Gosselin

seasons with her ex-husband, Jon, in the hit TLC reality show *Jon & Kate Plus 8*. The show collapsed as the couple's marriage fell apart.

She said through tears Tuesday that she was honoured to have been on the hit ABC show.

"I love everyone that I met," she said, apologizing for being "a crybaby."

"It was a great experience," she continued. "I had a wonderful teacher."

She said that despite her low scores, she gave her best in the ballroom.

"I was scared to death most of the time to be out here," she added.

Gosselin and her ex-husband are due in court in Pennsylvania on May 25 for a hearing on his motion for full custody.

THE ASSOCIATED PRESS

Stewart and Colbert ink new deals

PEOPLE The late-night line-up is shifting on TV but not at Comedy Central. The cable channel has signed new deals to keep Jon Stewart and Stephen Colbert.

Comedy Central said Tuesday that in separate agreements, Stewart agreed to host *The Daily Show* through June 2013 and Colbert will stick with *The Colbert Report* until the end of 2012.

The two shows air in the 11 p.m. to midnight Eastern block.

The contract extensions were announced a week after Conan O'Brien said after a short stint at *The Tonight Show*, his home will be cable channel TBS.

O'Brien, who will host a late-night show later this year that will compete with Stewart and Colbert, left NBC after the network sought to move him and

Tonight to make way for Jay Leno's return to late night.

THE ASSOCIATED PRESS



Jon Stewart

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CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/22/10	267	351	- ACCESS	Alberta Primetime (Live)	Private Practice (N)		FlashForward (HDTV) (N)		Fringe (HDTV PA) (N)		Primetime
	243	317	3 CFCN	The Vampire Diaries (N)	The Mentalist (HDTV) (N)		Law & Order "Shotgun"		CSI: Crime Scene Investigat'n		CTV News
	-	-	4 OMNI	King	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	Two/Half Men		Coach
	-	371	5 KKLX	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	FlashForward (HDTV) (N)	Private Practice (N)		Grey's Anat.
	245	306	6 CBCT	NHL Hockey		CBC News	NHL Hockey Colorado Avalanche at San Jose Sharks	(HDTV) (Live)			National
	244	338	7 CICT	ET Canada	Entertainment	90210 (HDTV)	Survivor: Heroes vs. Villains	The Office (N)	Til Death		News Hour
	246	-	8 CKAL	Law & Order: SVU		The Marriage Ref (N)	Community (N)	30 Rock	Accidentally	30 Rock	EP Daily
	119	705	9 CBFT	Virginie (SC)	Infomart (SC)	Perdus (HDTV) (SC)	Vampires & cie (SC)		Le Téléjournal Nouvelles (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming					Local Programming		
	-	372	12 KREM	News	Access H.	The Doctors		Survivor: Heroes vs. Villains	CSI: Crime Scene Investigat'n		The Mentalist
primetime	-	374	14 KSPS	PBS NewsHour (N)	NW Profiles	Star Wars	New Tricks		MI-5		Soundstage
	502	395	15 CBC	CBC News: The National	CBC News: The National	CBC News: The National	CBC News: The National	CBC News: The National	CBC News: The National		Doc Zone
	-	370	16 KHQ	News	Millionaire	Jeopardy! (N)	Wheel Fortune	Community (N)	30 Rock	The Office (N)	30 Rock
	-	373	22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA)	Fringe (HDTV PA) (N)		News
	297	652	37 WPIX	Supernatural (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men	Friends	According-Jim	Family Guy
	500	500	29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)			Larry King Live		Cooper 360
	508	502	31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight	The Joy Behar Show		Nancy Grace
	400	400	21 TSN	NHL Hockey	NHL Hockey: Blackhawks at Predators			SportsCentre	Boxing Bernard Hopkins vs. Roy Jones, Jr.		
	408	418	27 net	30 in 30		WHL Hockey Playoffs: Tri-City Americans at Vancouver. (Live)					SportsNet Now
	410	403	30SCORE	Basketball	NBA Basketball	Los Angeles Lakers at Oklahoma City Thunder. (Live)			Score Now		Score Now
sports	411	457	44 OLN	Oper. Repo	Oper. Repo	Ghost Hunters	Destination Truth	Oper. Repo	Oper. Repo	Oper. Repo	Ghost Hunters
	417	406	48 SPEED	Bullrun (HDTV)		Bullrun (HDTV) (N)	Pass Time	NASCAR Hub	Fast Track to Fame (HDTV)		Bullrun (HDTV)
	552	543	20 YTV	iCarly (N)	True Jackson	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz
	557	541	39 FAM	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz
	555	545	67 TOON	Jimmy Two	TBA	Spliced (N)	Total Drama	Stoked (N)	6TEEN	Futurama	King of the Hill
	575	583	11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	Unstable	Unstable	Amer. Funniest Home Videos	Reba
	553	546	17 TREE	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two			
	602	568	23 W	House-Sell	House-Sell	Supernanny	Love It or List It		Confidential	Confidential	Divine Design
	521	560	24 TLC	Police Women of Maricopa		LA Ink "Caught in a Lie"		Police Women of Maricopa	LA Ink "Caught in a Lie"		Police Women
family	603	561	25 FOOD	Ultimate Recipe Showdown		Ace of Cakes	Ace of Cakes	Bitchin	Brian Boltano	Linear, Drive-In	Unwrapped
	615	520	26 A&E	The First 48 (HDTV)		Fugitive Chronicles (N)		Fugitive Chronicles		(10:01) The First 48	The First 48
	617	522	32 SHOW	Trailer Park	Trailer Park	Relic Hunter		The Bad Son (2007, Suspense) (HDTV)	Catherine Dent.		Damages
	601	562	33 SLICE	10 Pounds	Last 10	Chop Shop	Chop Shop	ET Canada	What Happen?	Real Housewives, Orange	Housewives
	-	633	34 ENC2	Shaolin	Shutterspeed (2000, Drama)	Steve Borden.		The Glass House * (2001, Suspense)	Leelee Sobieski.		Surviv. Picasso
	520	505	35 DISC	(6) Sharkwater (N)		MythBusters		Daily Planet		Sharkwater	
	620	523	36BRAVO	L'Horloge Biologique (2005, Comedy)		Patrice Robitaille.		Law & Order "Castoff"		Without a Trace	L'Horloge
	294	650	40 WPCB	MLB Baseball		Seinfeld	Name Is Earl	Law & Order: SVU	Family Guy	Family Guy	Supercop
	626	547	41 CDM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park
	-	539	42 TCM	(6) The Red Shoes (1948, Drama)		Once Upon a Time in the West *** (1969, Western)	Henry Fonda, Claudia Cardinale.				
cable variety	628	584	43 SPIKE	TNA Wrestling (HDTV)		The Ultimate Fighter (HDTV)		GTIV Presents	GameTrailers		MANswers
	522	516	45 HIST	Re-Inventors	Re-Inventors	Ice Road Truckers (HDTV)		The Pilots NWT (HDTV)	Ax Men "The Big Hit"		Discoveries
	627	528	46SPACE	Masters of Science Fiction		Lost "The Last Recruit"		InnerSpace (N)	Stargate SG-1		Star Trek: Next Gener.
	-	-	47 AMC	(6) Shallow Hal ** (2001)		Shallow Hal ** (2001, Romance-Comedy)	Gwyneth Paltrow, Jack Black.				Spaceballs
	619	525	49 TROP	Planet Soap	Comeback	Reality	Whatever	Family Guy	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	House-Bryan	Real Renos	House Hunters	House Hunters	Holmes Inspection	House-Bryan	Real Renos	Holmes-Homes
	501	391	52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504	508	70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight	Headline	Commodities	Squeeze Play
	268	507	92 VIVA	Medium		Cold Case "Lotto Fever"		Psychic Inv.	Encounters	Judging Amy	Missing
	526	350	93 APTN	Wapost Bay	By the Rapids	Call of the Wild (Part 1 of 2)		Hardball * (2001, Drama)	Keanu Reeves, Diane Lane, John Hawkes.		
-	-	94 MCP	World News	News	My Queen	Immortal Yi, So	Vancouver	Shaktimaan	Dheeyan Ghar	Sadababhar	
cable variety	571	584	100 MMM	mmtop10.ca		Metal Mania		Family Jewels	Wild 'n Out	Metal Mania	Family Jewels
	570	580	101 MM	Muchmusic Ctdn	Video on Trial	Video on Trial	Video on Trial	UR11		Muchmusic Countdown	
	581	566	102 MTV	My Life as Liz		Taking the Stage (N)		After	MTV Live	The Challenge: Fresh Meat 2	Taking, Stage
	-	-	116 TV5	Oeil		Refugiés de la planète bleue		TV5 Le Journal	(9:35) Arte reportage	Partir autrement	

critics'corner

Sharkwater

If Michael Moore had a thing for sharks, he'd be Rob Stewart. This documentary special is the Toronto filmmaker and shark enthusiast's warning screed about the threat to the shark population posed by the demand for their fins. Shark-fin soup is a prized dish in Asia, thanks to the belief that sharks don't get sick. Breathtaking and often disturbing footage and interviews spin a dire story with implications for the environment — and us. 6 PM on DISC



L'Horloge Biologique

It's guys, not gals, who hear their biological clocks ticking in this French-language comedy from 2005. Jean-Philippe Pearson, Pierre-François Legendre, Patrice Robitaille star as three 30-something guys dealing with different aspects of real or potential fatherhood: One is a new dad, the other is about to be, and the third is under pressure to become one. Emotional crises and angst ensue, but so do laughs. 7 PM on BRAVO

In brief

TELEVISION David Beckham will join the ladies of *The View* as a guest on Monday. ABC says it will be the first time the soccer superstar has appeared on the weekday talk show. The 34-year-old midfielder is recovering from a torn Achilles tendon which he injured playing for the AC Milan while on loan from the Los Angeles Galaxy. In February, his wife, singer-model-businesswoman Victoria Beckham, co-hosted *The View* with regular hosts including Barbara Walters and Whoopi Goldberg.

STAGE Hal Holbrook has performed on stage as Mark Twain far longer than Twain did himself. His 56 years of one-man Mark Twain Tonight! shows reached a milestone yesterday in Elmira, N.Y., on the centenary of the author's death. He didn't need to pencil in wrinkles when the curtain came up at the renovated vaudeville theatre that bears the humourist's real name, Samuel L. Clemens. Elmira is where Twain wrote most of his best-known works, including the *Adventures of Huckleberry Finn*.

THE ASSOCIATED PRESS

A salty tale

Too much salt is hidden in Americans' food, and federal regulators plan to work with manufacturers to cut back. The idea is for gradual change so consumer taste buds can adjust, as well as industry recipes and production methods. **THE ASSOCIATED PRESS**

Urban Foodie

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An Indonesian retreat

ANDREE LAU

calgaryurbanfoodie@gmail.com

Bali Indonesian**611 Sixth St. S.W.****Calgary, (403) 261-9888****Signature dish:** Rendang**Signature drink:** Bali iced coffee**Rating:** ●●●●●**Dinner and drinks for two:** \$45

Island serenity and a flavourful history combine for a fantastic meal at Bali Indonesia.

The Bali platter (\$11)

shows the blend of different cultures that has created Indonesia's signature tastes. Chicken and potato croquettes with a honey mustard dip come from Dutch colonists; Chinese-inspired spring rolls stuffed with veg, pork and shrimp have a fantastic light peanut sauce; Indonesian pickles pair well with the fried pork-filled Arabic martabak.

Biting into the beef rendang (\$14) releases all the flavours it has absorbed from being stewed in coconut milk and spices for several hours. We get an extra bowl of plain rice so we don't waste the sauce

with its tinges of lemongrass and sweetness.

Traditional Indonesian fried rice, or nasi goreng (\$14), has a slow-release heat amid the marinated meat, veg, and fried egg, which adds a nice texture and almost cooling touch. A large shrimp cracker adds crunch.

Bali does a brisk lunch service, but treat yourself (and a few good friends) to the Indonesian rice table, or rijsttafel, for a leisurely sample of the variety Bali has to offer (13-18 dishes for \$100-\$140) amid the soft trickle of a waterfall and extremely cordial service.



The Bali platter (\$11) from Bali Indonesian.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant to find out what its like at a recipe testing for Beer Brats Sausages.



On the web

- Get recipes and more great food content at metronews.ca/recipes

Dining out

FLEA MARKET FIND Authentic Colombian and Mexican food are gems in the dusty Heritage Flea Market (7640 Blackfoot Tr. S.E., 10 a.m. to 4 p.m.). Try a platter of sausage, beans and plantain from Colombian Flavor. \$19.

ANDREE LAU/FOR METRO CALGARY

In brief

FOOD TOURS Acquired Tastes Food Tours are back with new trips for May around Calgary's culinary neighbourhoods. Explore small stores, taste new flavours and take in cooking demos. Details at calgaryfoodtours.com or (403) 968-2783.

ANDREE LAU/FOR METRO CALGARY

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blind date

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Melanie Griffith entered rehab for the third time last August, and the Oscar-nominated actress has found new strength in her ongoing struggle to stay sober. "Addiction's a tough enemy to defeat," Griffith told people.com "I think of it as a monster." **METRO NEWS SERVICES**

Celebrity Buzz

Third time's a charm for Mariah

MONSTROUS EXCESS. IT'S A DIVA THING Mariah Carey is to marry Nick Cannon for a third time this month, femalefirst.co.uk reports.

The couple — who originally tied the knot in 2008 — plan to renew their vows again on April 30, their two-year wedding anniversary, with the singer already demanding more expensive jewellery from her spouse to mark the occasion.

"We get married every year! That's our thing. So it's going to be our third wedding this year," Cannon said. "That's what we'll be doing on the

actual anniversary... We'll do something ... a party or event, just to celebrate. This is the third ring I have to buy. It'll be something different — something good." According to leaked

details of her 2010 tour rider, the singer is just as demanding backstage as she is with her husband.

The rider specifies that Mariah's dressing room has "no busy patterns" although "black, dark grey, cream and dark pink" are all fine, and she should also be provided with a "lamp or clip light," so harsh lighting can be turned off.

METRO NEWS SERVICES



RiRi hospitalized for mysterious ailment

AFTER HEARING UMBRELLA FOR THE MILLIONTH TIME, HER EARDRUMS SUDDENLY LET OUT A TORTURED SHRIEK, DETACHED THEMSELVES FROM HER EARS, AND RAN FOR THEIR LIVES Rihanna was rushed to the hospital in Switzerland after performing to a sell-out crowd at Zurich's Hallenstadion Arena, though why the singer needed to be hospitalized wasn't made clear, according to PopCrunch.

"Rihanna arrived at the accident and emergency unit. We're not going to give any details," a medical center rep says. After roughly two and half hours of treatment, the

singer was released and was able to perform in France the next night.

METRO WORLD NEWS



A squatter at Casa Sheen?

GOLD DIGGING? UR DOING IT WRONG Even though she's allegedly through with her marriage to Charlie Sheen, Brooke Mueller is reportedly refusing to move out of their Los Angeles mansion.

"She has not moved out and she doesn't want to move out. She's furious and not talking to Charlie," a source says, ac-

cording to Hollyscoop. Sources say Mueller is furious over reports that Sheen has been cheating on her. "They've had some crazy times together but this really hurt her."

Her brother, Scott Mueller, is coming to her defense, though, saying she is just "trying to be a good mother."

METRO WORLD NEWS

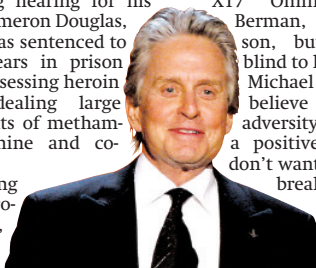


Douglas defends his son

PARENTING: UR DOING IT WRONG Michael Douglas attended the New York sentencing hearing for his son Cameron Douglas, who was sentenced to five years in prison for possessing heroin and dealing large amounts of methamphetamine and cocaine.

During the procedure, excerpts from the veteran actor's note to the judge were read, according to X17 Online. "Judge Berman, I love my son, but I'm not blind to his actions," Michael wrote. "I do believe out of this adversity he will be a positive citizen. I don't want to see him break."

METRO WORLD NEWS



Shepherd's son set for pretrial program

CELEBRITY CHILDREN ARE ALL THE RAGE THIS LOCK-UP SEASON Cybill Shepherd's son, Cyrus Zacharia Shepherd-Oppenheim, will enroll in a pretrial diversion program after he was arrested in January for allegedly trying to rob sleeping passen-

gers on an overnight flight from San Francisco to Philadelphia, people.com reports.

Shepherd-Oppenheim, whose father is Cybill Shepherd's ex-husband Bruce Oppenheim, appeared in Philadelphia Mu-

nicipal Court on Tuesday, according to local reports. Prosecutors say his record will be cleared if he abides by all conditions of the program, which is designed for first-time offenders.

The law student at the

University of Pennsylvania, 22, was charged with stealing a camera, cash and other items from passengers' carry-on luggage. Another hearing is scheduled for June 4.

METRO NEWS SERVICES



Jude and Sienna stranded in LA

OF COURSE NOT AT THE AIRPORT WITH THE OTHER PLEBEIANS. GEEZ. Jude Law and Sienna Miller spent longer in Los Angeles than intended, as they were stranded in California while flights back to Europe were canceled due to the ash cloud from the eruption of Iceland's Eyjafjallajökull volcano. But with Heathrow Airport open again, the couple have checked out of their Beverly Hills hotel and are heading home to London.

METRO WORLD NEWS



Miley ready to leave the nest

FROM WHAT I'VE SEEN OF THE CYRUS CLAN THAT'S PROBABLY IN HER BEST INTEREST While only 17 years old, Miley Cyrus is ready to live on her own, according to Radar Online. The Disney star reportedly purchased a \$3.4 million last year, and renovations on 4,000-foot Spanish-style property were recently completed.

METRO WORLD NEWS



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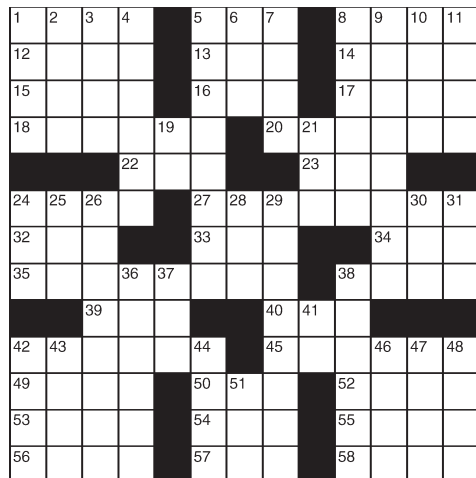


Andrew Schultz, Meteorologist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.

Take Five



ACROSS

- 1 Tear in two
- 5 Mini-whopper
- 8 "Yeah, right!"
- 12 Addict
- 13 Guitar's cousin
- 14 Cartoonist
- 15 Capri or Wight
- 16 Born
- 17 Oklahoma city
- 18 "Simpsons" bully
- 20 Palm leaves
- 22 Firmament
- 23 Actor Ron
- 24 Needing liniment
- 27 Pal
- 32 Letter before sigma
- 33 Blood typing letters
- 34 Diving bird
- 35 Alternative to Szechwan
- 38 Unit of force
- 39 Conger, for one

- 40 Lamb's mama
- 42 Between — and Charybdis
- 45 Squealed, puppy-style
- 49 Castro's place
- 50 Once around
- 51 Met melody
- 53 Act the robot
- 54 Tackle the slopes
- 55 Standard
- 56 Links props
- 57 Feedbag tidbit
- 58 Keats output

DOWN

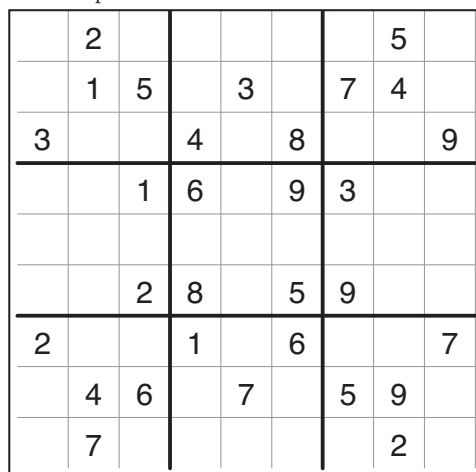
- 1 Destroy
- 2 Being, to Brutus
- 3 Jodie Foster movie
- 4 Black-tie
- 5 Specialized drag racer
- 6 Mamie's man
- 7 Complaint
- 8 Colored ring
- 9 Start of the "Sesame Street" theme song
- 10 Footnote ab-

- br.
- 11 G-men
- 19 Fine
- 21 Dem.'s rival
- 24 Branch
- 25 Dance syllable
- 26 Hive dweller
- 28 Sapporo sash
- 29 Venture that drains one's finances
- 30 Scoot
- 31 — out a living
- 36 Holds up
- 37 Every iota
- 38 Historic White House middle name
- 41 First word of the Constitution
- 42 Highlander
- 43 Rubik's baffle
- 44 As well
- 46 Poke
- 47 Green land
- 48 TVA structures
- 51 Alias (Abbr.)

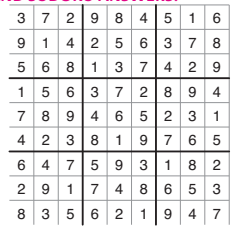
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Potato Cakes with Leeks and Feta

Submitted by Paula Bowman

PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES

INGREDIENTS:

- 1 lb russet potatoes, peeled
- 1/3 cup leeks, white and light green parts only, thinly sliced into half moons
- 1 egg, lightly beaten
- 1/3 cup feta cheese, crumbled
- 1 teaspoon kosher salt, plus more for salad
- 1/4 teaspoon freshly ground black pepper

METHOD:

1. Preheat oven to 400°F. Place a 12-cup non-stick muffin tin in the oven to heat.
2. Grate potatoes using the large holes of a box grater or slice into matchsticks. Toss potato with leeks, salt and pepper and transfer to a sieve set over a large bowl; let drain for about 5 minutes. Squeeze the potato mixture, a handful at a time, over the bowl to release excess moisture

3. Drain off liquid in bowl leaving any white sediment (potato starch) remaining in the bottom. Return potatoes to bowl with starch, add egg and feta and stir until thoroughly mixed. Remove hot muffin tin from oven, working carefully, and quickly spray the inside of eight muffin tins with olive oil cooking spray and fill with potato mixture, (about 1/3 cup each). Lightly spray the tops of each potato cup with olive oil spray and return pan to oven. Bake until crispy and golden brown, about 20 to 25 minutes.

SERVES 4

• Serve this with our *Rosette Salad with Almonds*. Find the recipe at 20minutesupperclub.com/metro.



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
It should be obvious by now that certain methods and routines are no longer relevant to the way you want to live your life. Make the change today!



TAURUS
APRIL 21-MAY 21
The facts may point you in one direction but your instincts are telling you differently. You know from experience how bad it can be to ignore them.



GEMINI
MAY 22-JUNE 21
Be patient and don't expect instant results. If you heed this message you will get everything you desire and more – if you don't, you'll mess it up.



LIBRA
SEPT 23-OCT 23
You may or may not think of yourself as an ideas person but your mind will be on the move constantly today. Big rewards for the full moon on the 28th.



SCORPIO
OCT 24-NOV 22
You seem determined to challenge the status quo. Why is that? Maybe it's a passing phase, but the planets suggest you've had enough.



SAGITTARIUS
NOV 23-DEC 21
Don't fall into the trap of accepting an explanation for something just because it seems like the most rational solution.



CANCER
JUNE 22-JULY 22
You don't have to take one particular path through life. There are numerous paths to self-discovery and you can take as many or as few as feel right.



CAPRICORN
DEC 22-JAN 20
No amount of wishful thinking will change your current situation for the better, and once you accept that you can start doing something about it.



LEO
JULY 23-AUG 23
Someone close needs you to talk to them and ease their fears. Someone at work needs your opinion. It's all about other people today.



AQUARIUS
JAN 21-FEB 18
Just because something that happened recently was outside your range of experience does not give you an excuse to ignore it. Investigate it.



VIRGO
AUG 24-SEPT 22
Certain things are simply not worth arguing about and once you accept that fact you will find it much easier to focus on what is important to you.



PISCES
FEB 19-MARCH 20
You could do with a helping hand and if you ask for it today someone will come to your rescue and point out what you've been doing wrong.



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